



Visit Our Website at www.gobroomecounty.com/senior



Broome County Office for Aging

Celebrating 50 Years of Supporting Broome County Older Adults



Broome County Office for Aging 50th Anniversary Celebrations

Join us as we celebrate 50 years since the opening of the Office for Aging. For 50 years we have been honored to serve older adults in Broome County. To celebrate each senior center will host an anniversary celebration from 10am – 2pm with a luncheon, time capsule project, 50th anniversary sport cups, 1974 trivia, entertainment, and more!

- Vestal - July 10th
- Johnson City - July 17th
- Eastern Broome - July 24th
- First Ward - July 31st
- Northern Broome - August 7th
- Chenango Bridge - August 14th
- Deposit - August 20th
- North Shore Towers - August 21st
- Broome West - August 28th

Please call the center of your choice for a meal reservation by noon the day before the anniversary event. Phone numbers and addresses of each center can be found on pages 10 & 11.



Are you a caregiver looking for some respite time?

There are local options for Saturday respite!

See page 3 for more information.

Flip to page 2 to see how we are celebrating the Fourth of July!



Like Us! Follow Us!

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

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

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

HEALTH AND WELLNESS

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 East. Broome Sr. Center (Harpurville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

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

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

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 (Harpurville)

Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



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

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

Farmers Market Coupons Available to Local Seniors



Farmers Market Coupons are vouchers that can be exchanged for produce at local farmers' markets. This program is meant to assist individuals who meet age and income guidelines in buying fresh produce from local farmers markets.

Eligibility requirements and distribution sites are listed below.

You must meet the following guidelines to be eligible:

1. Provide proof of age (**must be age 60 or older**)
2. Be a New York State resident
3. Have a BC Office for Aging ID Card with you or fill out an ID application on site

AND

Meet the following income guidelines:
 \$2,322/month (for a one-person household); Or
 \$3,152/month (for a two-person household); Or
 \$3,981/month (for a three-person household).

Please bring your Office for Aging ID Card. ID Card applications are available at all senior centers and can be printed at gobroomecounty.com/senior/idcard

Proof of income is not required. All eligible individuals may receive one booklet per year.

Distribution Dates & Locations

- 7/09 Broome West Senior Center, 9 – 11 am**
2801 Wayne Street, Endwell
- 7/10 Vestal Senior Center, 10 – 11 am**
201 Main Street, Vestal
- 7/11 First Ward Senior Center, 9 – 10:30 am**
226 Clinton Street, Binghamton
- 7/16 North Shore Towers, 10:30 – 11:30 am**
24 Isbell Street, Binghamton
- 7/24 Eastern Broome Senior Center, 1 – 2 pm**
27 Golden Lane, Harpurville
- 7/25 Johnson City Senior Center, 9:30 - 11 am**
30 Brocton St., Johnson City
- 8/07 Northern Broome Senior Center, 10:30 – 11:30 am**
12 Strongs Pl., Whitney Point
- 8/14 Chenango Bridge Senior Center, 11 am - Noon**
First United Methodist Church, 740 River Rd, Binghamton
- 8/20 Deposit Senior Center, 12:00 – 12:30 pm**
Christ Episcopal Church, 14 Monument Street, Deposit

Independence Day Luncheon

Wednesday, July 3rd at participating senior centers
 Serving around noon

Celebrate Independence Day early at your local senior center. Enjoy a festive picnic lunch of pulled pork or beer battered fish w/strawberry shortcake for dessert. Sites have a variety of activities planned.

Lunch is a suggested contribution of \$4 for those age 60+ and their spouse and a \$5 charge for those under age 60.

Remember to reserve lunch at the senior center of your choice. Phone numbers and specific center activities are listed on the Look What's Happening at the Center's section of this *Senior News*. Lunch reservation deadline is July 2nd at noon.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, July 1, 2024 **Time:** 1:00 - 2:30 PM

Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

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.

Saturday, July 6th 11 – 2PM • First Saturday of the Month
Join Social Saturdays!

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.

The program will host participants at the:

St. Anthony's Church Hall, 300 Odell Ave, Endicott

Please call **607-754-4333** for more information or to register.

This free caregiver respite program is sponsored by St. Anthony's, St. Ambrose, and St. Joseph's parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program?

Saturday, July 13th 1 – 4PM • Second Saturday of the Month
Grace's Place

Free Senior Respite is Provided by Grace Lutheran Church

Grace Lutheran Church, 709 Main Street, Vestal

Please contact **(607) 748-0840** or email GraceVestal709@gmail.com

Guests should be able to eat and toilet independently. Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Saturday, July 20th 11 – 2PM • Third Saturday of the Month
Saturday Afternoon at St. Mary's

St. Mary's Church, 795 Route 11, Kirkwood

Please call **607-775-0086** to register.

A Divine Calling

The Broome County Office for Aging is calling on faith based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let's work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.

Be a part of the win-win-win:

- Participants enjoy activities like art, music, games & exercise
- Caregivers benefit from the opportunity to recharge
- Volunteers feel personally rewarded when helping families

Often, caregivers are reluctant to ask for help. But they will come to a familiar setting for social events and take the break that they need. Your church might be a safe comfortable space.

Throughout NYS, congregations are starting Caregiver Respite Programs that provide a break to caregivers and social opportunities for other older adults. We are excited to establish a network of faith based respite programs in Broome County.

Participants and volunteers will engage in discussions/trivia games/gross motor skill games/exercises/art projects/community projects/sing a long and a meal or snack. Programs can run monthly/weekly or daily for 2-4 hour sessions. Respite programs improve the quality of life for the participants and improve the health of their caregivers.

If your church would like to provide this type of support to caregivers and join our network, please contact Shellie Spinelli at 607-778-2946 or email Machelle.Spinelli@broomecountyny.gov

Attention Older Adult Caregivers!

How about a little... R-E-S-P-I-T-E

The time you need to

Relax Recharge Revive

Programs available in Binghamton, Kirkwood, Endicott, and Vestal.

To learn more call
Broome County Office for Aging
(607) 778-2411

Broome County
Office for Aging  **NYSCRC**
New York State Caregiving & Respite Coalition

HOLY FAMILY FUN & GAMES

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

Join us Fridays 1 - 3PM

Church of the Holy Family: 3600 Phyllis St., Endwell

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



Help someone with medical needs?
Talk to their doctor?
Pick up their medication?
... Feel like you are always "On Call"?

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

NEW YORK
Office for
the Aging

Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Friday, July 12th

Entertainment by Gene Civic before Lunch!

11AM (Meal Served at 12PM)

Please call 607-785-1777 for a meal reservation before 7/11 at noon.

Chenango Bridge Senior Center

Every Monday, Wednesday, & Friday

Walk With Friends

1PM

15-minute walk in place to music from the fifties, sixties, and seventies!

Deposit

Tuesday, July 16th

OFA Nutrition presentation with Donna Bates

12:30PM

Eastern Broome

Wednesday, July 24 & Thursday, July 25th

AARP Drivers Safety Course

5 – 8:30PM

AARP Members \$25

Non-members \$30

Safety tips and possible insurance savings! Soup and Sandwich Bar open during the break. Please call 607-693-2069 to register.

First Ward

Wednesday, July 17th

Annual Steak Roast at Otsiningo Park

10 – 2PM

Coffee & donuts for sale, BINGO, Cookout, Entertainment by Mike's Jukebox and Cornhole Tournament!

Tickets and Registration for the Tournament (must have a partner) on sale June 20th – July 11th at the First Ward Senior Center

Johnson City

Wednesday, July 17th

Alzheimer's Association/Johnson City Caregiver Support Group
4PM

Registration and pre-screening required, please call 315-472-4201 ext. 227 to get signed up.

Northern Broome

Wednesday, July 31st

Pizza Party on the Patio

11:30AM

Please call 607-692-3405 for a meal reservation prior to 7/30 at noon.

North Shore

Thursday, July 25th

Onsite Cooking Day!

12PM

Pulled Pork, Coleslaw, Baked Beans,
& Black Forest Pudding for Dessert

Please call 607-772-6214 for a meal reservation before 7/24 at noon.

Vestal

Wednesday, July 10th

Magic Tricks by Gary Freed

10AM

Senior Center:

Thursday, 7/4 and Friday, 7/5 in Observance of Independence Day

Ask the Office

I want to explore more outside this summer. Are there any discount programs available to help me enjoy New York State Parks and Historical sites?

When planning to visit a New York State Park or a historic site for the day there is program to help with the vehicle entry fee or an admission fee. If you are 62 and older, New York state has the Golden Park Program. On weekdays, this program allows entry at no charge to most state parks, boat launch sites and botanical gardens. It also reduces the admission fee at historic sites and state operated golf courses.

All you need to do is present your current valid New York State Driver License or New York State Non-Driver Identification Card at the park entrance. There is no application required and your driver's license, or non-driver identification card serves as your park pass. If you do not have either of these documents, you can apply for them at the local DMV.

New York State Parks are a great opportunity to explore your natural environment. Experience new locations with beaches, boat launches, hiking trails, campsites, and golf courses.

For locations within a few hours consider visiting the following:

Chenango Valley State Park and Golf Course
153 State Park Road
Chenango Forks, NY 13746

Oquaga Creek State Park
5995 County Route 20
Bainbridge, NY 13733

Bowman Lake State Park
745 Bliven Sherman Road
Oxford, NY 13830

Chittenango Falls State Park
5241 Gorge Rd- Route 13
Cazenovia, NY 13035

Taughannock Falls State Park
1740 Taughannock Blvd.
Trumansburg, NY 14886

If you are not old enough for the Golden Park Pass, New York State Parks offer other admission programs such as the Empire Pass and the Lifetime Liberty Pass for Veterans. More information is available at <https://parks.ny.gov/admission/>



Downsize & Declutter Discussion Topic: The "What Ifs"

WHAT IF? What if I can't get rid of my stuff? What if I need it again? What if I regret getting rid of it? What if I don't know where to start? What if I don't do it correctly? What if my progress doesn't last?

Explore ways to flip the "what if" and turn it into "I can". I can do a little at a time. I can buy it again. I can live with a little.

Learn more at our Declutter Discussion on Tuesday, July 9th at 3PM at the Broome West Senior Center or on Zoom.

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



Mark Your Calendar! Upcoming Community Events

Vestal Community Band Concert Series

Every Thursday, July 11 - August 22nd, 6:30PM

Free concert in local parks, feel free to bring a lawn chair or blanket.
Arnold Park in Vestal

July 11th

July 18th

July 25th

August 1st

August 15th

August 22nd

Little Italy Stage, George F. Johnson Park in Endicott
August 8th

First Friday

Downtown Binghamton

Friday, July 5th, 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is an annual 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/>

Please see the special ad on page 6 for the OFA art show display available at First Friday on 7/5.

July 4th Extravaganza

Highland Park

801 Hooper Road, Endwell

Thursday, July 4th, 12 - 9:30PM

Come join us for a kid's triathlon, food vendors, arts & crafts, entertainment, and a chicken barbeque. Fun festivities for the family and a spectacular fireworks display.

Creative Aging Talk at the Broome County Arts Council

Thursday, July 11th, 6 – 7PM

Join Creative Aging Specialist, Christina Muscatello from the Memory Maker Project to learn how the arts play a vital role in maintaining and improving brain health. Sponsored by the Broome County Arts Council.

Cars & Bikes

Otsiningo Park

1 Otsiningo Park, Binghamton

Saturday, July 13th, 10 – 3PM

Free car show with motorcycles, music, vendors, and fun. All proceeds benefit local Veteran organizations.

Friends of the Library Book Sale

George F. Johnson Memorial Library

1001 Park Street Endicott

Friday, July 5th, 10 – 4PM

Friday, July 19th, 10 - 4PM

Friends of the Library hold a monthly used book sales on the first and third Fridays of every month from 10 AM to 4 PM and on the second Saturday from 10:00 AM to 2:00 PM. (There are no Saturday sales in July and August). Donations are accepted from the public during the sales. After necessary expenses, all monies generated are used for the benefit of the library.

Carousel Trolley Tour

Phelps Mansion Museum

191 Court Street, Binghamton

Thursday, July 25th, 12 – 4PM

Climb aboard the Trolley and come celebrate National Carousel Day with us. We will visit 5 of the 6 carousels (Ross Park Closed). Collect a card at each stop and claim your carousel circuit button at the last stop. On board guests can participate in trivia questions as we venture between destinations, and we will discuss the history of each carousel at each location.

Guests are encouraged to bring their own lunch or snacks as we will take a break at one of the parks during the afternoon.

Tickets are \$25 per person and limited to 28 guests.

Book online at <https://phelpsmansion.org/event/carousel-trolley-tour/>

Johnson City Carousel Day

CFJ Park

1 Gannett Drive Johnson City

Saturday, July 27th, 11 - 4PM

Come celebrate on one of our storied carousels with food, vendors, and fun.

The Hungry Ear: Dramatic Readings of Short Stories

Broome County Public Library

Monday, July 29th, 5:30 - 6:30PM

On the last Monday of every month, join Judy McMahon and her 'Hungry Ear' readers as they entertain you with dramatic short story readings. We call Hungry Ear 'a cocktail hour for the mind'!

Scam of the Month

Grandparent Scams

Scammers often use social media sites, such as Facebook, to target their victims. Scammers create fake accounts using stolen profile pictures to trick people into thinking they are someone else. They will then use this fake identity to get their victims to reveal personal information. Common scams include someone trying to convince you they are a friend or family member so they can ask you to send them money. Scammers also use fake profiles to flatter and engage you in an online friendship or romance, gain your trust, then use that trust to defraud you of money. To protect yourself from social media scams, here are some things you should know.

- Be very careful when accepting "friend requests."
- Never accept a request from someone you do not know.
- Never accept requests from someone claiming to be a celebrity or public figure.
- Before accepting a friend request, check with that friend by phone to make sure they sent it.
- Refuse any offers related to collecting a prize through social media.
- Be very wary of anyone claiming to be a friend or relative with an emergency. Contact them by phone or in person to verify that they have an emergency.
- Don't accept requests to move to a private conversation off the social media site unless you know them well.
- Be cautious of people claiming to want a romantic relationship with you who then quickly ask money, no matter what the reason and even if they promise to pay it back.
- Facebook accounts where the person has no "friends" or no activity history are suspicious as they may have only been sent up for scamming purposes.
- Keep the setting on your social media accounts "private."
- Limit the public information available on your account. Scammers use public personal information to target victims.

If you are unsure if a Facebook friend is real or if you are not sure a request is legitimate, ask someone you trust to take a look or get assistance through one of the local sources of 1-on-1 technology assistance. Call Office for Aging to find out about technology resources at **607-778-2411**.



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, July 17th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

1974 ART SHOW
 Celebrating 50 years of Broome County Senior Centers with groovy art made by participants.

July 5, 2024
 Artist & OFA Reception 5-6 pm
 Public Welcomed 6-9 pm
 Atomic Tom's 196 State St, Binghamton

Broome County Office for Aging | THE MEMORY MAKER PROJECT



Eastern Broome

Contact: Arlene 607-759-6306

- August 5 – 10th** - Indiana Amish Area
- September 20th** - Skaneateles Luncheon Cruise and Merry Go Round Theater
- September 23 – 26th** - Cape May
- December 2nd** - Nellie's Irish Christmas

First Ward Travel Group

Contact: Liz W. 607-222-8440

- July 10th** - Hudson River Cruise
- August 7th** - Turning Stone Casino
- September 23 – 27th** - Cape May
- November 6 & 7** - Lancaster, PA

Johnson City Senior Center

Contact: Lucy 607-427-6143

- August 29th** - The Not-So-Mystery-Tour in Cooperstown (Sign up by 7/20)
- September 17th** - Penn's Peak – Believe! The Cher Show (Sign up by 8/14)
- September 26th** - Progressive Lunch (Sign up by 8/22)

Kirkwood Senior Trips

Contact Jeanie 607-655-2685

- September 19th** - Moravia
- October 22nd** - Penn's Peak: The Carpenters

Northern Broome Golden Agers

Contact Sandy 607-761-0629

- September 22 – 27th** - Biltmore Estate & Asheville, NC (Sign up by 7/15)
- November 4 – 5th** - Lancaster Show Trip & the Dutch Country (Sign up by 8/28)

North Fenton

Contact: Ruth 607-648-8425

- July 26th** - Shawnee Playhouse: CABARET
- September 8 – 16th** - Branson, Missouri (due 8/1)
- October 1st** - German Fest

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

- August 2nd** - Cortland for Beauty and the Beast & Lunch at Heuga's Sign up: Thursday, July 11th at Noon
- September 27th** - Rev Theater: May We All – Meal at Sherwood Inn Sign up: Thursday, September 12th at Noon
- October 9th** - Penn's Peak: Everly Brothers tribute Sign up: Thursday, September 26th at Noon
- November 13th** - Hunterdon Hills Christmas Show Sign up: Thursday, October 24th at Noon

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PAID ADVERTISEMENT

Just For Laughs
 Who works on the 4th of July?
Just fireworks!



Christmas in July

Two Day Christmas in July Fundraiser at the Broome West Senior Center
2801 Wayne Street in Endwell

Wednesday, July 24th

- 11AM Entertainment by Johnny Only
- Snowball fight
- Special guest, Santa!
- 12PM Lunch

Please call 607-785-1777 by 7/23 at noon for a meal reservation.

Thursday, July 25th

- Raffle basket drawings 10:30 – 2PM



Raffle baskets will be displayed July 1st – July 25th, so grab some tickets and pick your favorites!

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

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

Just For Laughs

Where was the Declaration of Independence signed?
On the bottom of the page.



Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Come join this fun group! 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.

July 11th 10AM – Binghamton University Nature Preserve. Meet at the south end of Leigh Street. Park at Stair Park or Leigh Street.

July 25th 10AM – Arnold Park in Vestal. Meet at parking lot by the colorful playground.

August 8th 10AM – Pettus Hill in West Windsor. I 86 east to exit 77, turn right on Place, quick left on Fox, right on Roberts, right on Abbey Road to meet at the parking lot at the entrance.

August 22nd 10AM – Choconut Creek in Vestal. Park and meet on the creek side of Weis Market on Main Street in Vestal.

September 12th 10AM – SPECIAL EVENT at Waterman Education Conservation Center in Apalachin. Meet at The Marsh on Route 434 (park on right side pull off 1/2 mile past Hilton Road). Bring a packed lunch to enjoy at the pavilion at the Center. Then we will go into the Center to watch the WSKG interview with Harriet Marsi. Harriet Marsi is responsible for saving the Marsh from being paved over by R 17!

September 26th 10AM – Sandy Beach on Conklin Road. Meet at entrance off Conklin Road on left, just before Home Goods.

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



IS NOW THE TIME TO *Sell* OUR HOME?

- ✓ Seller's Market
- ✓ Prices are at an ALL-TIME HIGH
- ✓ Buyer Saturated Market
- ✓ MORE for your property!
- ✓ Short Answer - YES!!!!

"DIAL DIANE" FOR A FREE CONSULTATION (c) 607-760-4774

HELPING PEOPLE SELL THEIR HOMES FOR OVER 35 YEARS.

DIANE K. WHITE
LIC. RE ASSOCIATE BROKER

Diane is a Seniors Real Estate Specialist (SRES) that is an expert in helping seniors like us sell their homes. Let's Dial Diane for a free consultation and see how she can help us!

Dialdiane@warrenhomes.com
3456 Vestal Parkway East
Vestal, NY




Quick and Easy Pizza

This recipe uses a traditional pizza dough recipe with yeast, but only needs 15 minutes for the dough to rise. Once you try this fresh, homemade pizza, you might never go back to frozen or delivery!



Ingredients

- 2 cups all-purpose flour (divided in half)
- 1 tablespoon instant yeast
- 1 tablespoon sugar
- 2/3 cup warm water + 2 tablespoons (110 to 115 °F)
- 2 sprays of nonstick cooking spray
- 1 cup marinara sauce
- 6 ounces part-skim mozzarella cheese, shredded (1 1/2 cups)
- Toppings of your choice

Directions

1. Preheat oven to 375 °F.
2. Collect, shred, and measure all ingredients before starting to prepare the recipe.
3. In a medium bowl, mix 1 cup flour, yeast, sugar, and water with a spoon.
4. Gradually stir in the other cup of flour until the mixture forms a ball.
5. Dust a cutting board or clean countertop surface with flour. Put the ball of dough on the surface, then use your clean hands to knead the dough on the surface for about 5 minutes.
6. Spray a bowl with nonstick cooking spray. Put the dough in the bowl and cover it with a clean dishtowel. Put the bowl on the oven while it is preheating (but not on a burner that is turned on), and let it sit for 10 to 15 minutes (preheating the oven will cause the stovetop to be slightly warm and will help the dough rise).
7. Spray a 12-inch x 16-inch baking sheet with nonstick cooking spray. Spread the dough into an even layer on the baking sheet. For a thicker crust, use a smaller baking sheet.
8. Add a thin layer of marinara sauce.
9. Add the shredded cheese and pizza toppings.
10. Bake for approximately 15 minutes until the crust is brown and the cheese melts and is slightly browned in spots.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-and-easy-pizza>

Melon and Mint

A quick, simple, and refreshing salad featuring fresh blueberries and crisp cucumber chunks with feta cheese, arugula, and a lime vinaigrette.



Ingredients

- 1 tablespoon lime juice
- 1/4 cup fresh mint leaves
- 6 teaspoons packed brown sugar (2 tablespoons)
- 3 cups watermelon cubes
- 3 cups honeydew cubes

Directions

1. Blend lime juice, mint leaves, and brown sugar together in a small food processor.
2. Place melon cubes in a bowl. Drizzle dressing over melon and toss gently.

Tips!

- Try with other types of melon such as cantaloupe or crenshaw melons.
- Try omitting the brown sugar and adding crumbled feta cheese.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/melon-and-mint>

Blueberry Muffins

Make your own muffins from scratch with this recipe. If fresh blueberries are unavailable or costly, try using frozen blueberries.



Ingredients

- 1/2 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 1/2 cup milk, low-fat, 1%
- 1 teaspoon vanilla
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups blueberries (fresh or frozen)

Directions

1. Preheat the oven to 375 °F.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk, and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full of batter.
9. Bake for 25 to 30 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/blueberry-muffins>

Turkey and Cucumber Sandwich

These sandwiches, flavored with herbs and spices, are sure to hit the spot. With whole grains, lean protein, and dairy, this well-rounded meal will keep you satisfied all afternoon.



Ingredients

- 4 slices whole wheat bread
- 4 slices enriched white bread
- 1/2 cup plain fat free yogurt
- 2 fresh dill sprigs (chopped)
- 1/2 cup cucumbers, chopped
- 1/4 cup onion, chopped
- 1/8 teaspoon black pepper
- 8 ounces turkey breast, thinly sliced (or you can use fat free, low-sodium deli turkey)
- additional cucumber slices, as desired
- 1/8 teaspoon salt (optional)

Directions

1. Mix the yogurt, dill, onion, pepper, and chopped cucumbers.
2. Divide the yogurt/ cucumber mixture on all 8 slices of bread.
3. Top the whole wheat bread with turkey and cucumber slices.
4. Cover with the white bread slices.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/turkey-and-cucumber-sandwich>



"Government of the people, by the people, for the people, shall not perish from the Earth."

- Abraham Lincoln

UPSTATE NEW YORK POISON CENTER

Take Your Medicines Safely

Remember these are six questions you should always ask about any medication you are taking:

- What is the name of the medicine?
- What is the medicine for?
- How often do I take the medicine?
- What are the possible side effects?
- What should I do if I miss a dose of my medicine?
- While taking this medicine, should I avoid drinking alcohol, driving, eating certain foods, or drinking certain juices, taking certain over the counter or prescription medications, vitamins, herbals, or minerals.

Most poisonings involve prescription and over-the-counter medicines, herbals, and vitamins. Most older adults do not consider taking too much medicine as a "poisoning."

The poison center recommends practicing the safe use of medicine, both prescription and over the counter (OTC), to avoid unintentional poisoning.

Keep the number of the Upstate New York Poison Center, just in case - 1-800-222-1222.

For more information, please visit <https://www.upstate.edu/poison/community/seniors.php>



Amanda VanFossen, NYS Licensed Hearing Aid Dispenser



Amanda Levy, Au.D. Doctor of Audiology

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"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

— John Lubbock

Fast Facts from the 1970s

- The Organization of Arab Petroleum Exporting Countries announces an embargo on oil exports to the United States on October 15, 1973.
- Construction is completed on the Sears Tower (now the Willis Tower) in Chicago, IL, in 1973, and it becomes the tallest building in the world until surpassed by the Petronas Twin Towers in Kuala Lumpur, Malaysia, in 1998.
- President Richard M. Nixon resigns from office on August 8, 1974.
- The last Americans (10 U.S. Marines) depart Vietnam on April 30, 1975.
- Michael Shaara's *The Killer Angels*, a novel about the Battle of Gettysburg, wins the Pulitzer Prize for Fiction in 1975.
- NASA's Viking 1 lands on Mars on July 20, 1976.
- The miniseries *Roots* airs from January 23 to January 30, 1977. The series would earn 36 Emmy nominations and win 9.
- The 1978 Tony Award for Best Musical is awarded to "Ain't Misbehavin'."
- The Bee Gees dominate the music charts with hits songs, including "Night Fever," "Stayin' Alive," and "How Deep Is Your Love."

For more information, please visit https://www.census.gov/history/www/through_the_decades/fast_facts/1970_fast_facts.html

Just For Laughs

Why is the ocean so clean?
It has mer-maids!

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"Hot July brings cooling showers, apricots, and gillyflowers."

— Sara Coleridge

PAID ADVERTISEMENT

Look What's Happening at the Centers!

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

Lunch is served at 12PM

607-785-1777

Weekly Activities

Monday: BoneSavers 9:30AM; 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

7/1, 8, 15, 22 & 29 Breakfast for Lunch! 10:30 – 12PM

Call to get signed up.

7/1 Nutrition presentation by Kathleen Cook, CCE 11:30AM

7/3 July Fourth Celebration with Michael Burrell 11AM followed by lunch 12PM Please call for a meal reservation by 7/1 at noon.

7/9 Downsize and Declutter 3PM

7/9 Farmers Market Coupon Distribution 9 – 11AM

7/10 GFJ Tech Class 11AM

7/11 Legal Aide 9AM Please call for an appointment.

7/11 & 12 AARP Driver's Safety 9:30 – 12:30PM Call to get registered.

7/12 Gene Civic to perform before lunch 11AM (Meal served at 12PM) Please call for a meal reservation by 7/11 at noon.

7/19 Jukebox Mike performance before lunch 11AM (Meal served at 12PM) Please call for a meal reservation by 7/18 at noon.

7/23 Discover Live: Tour of Florence, Italy 1:30PM

7/24 & 25 Christmas in July! See page 7 for more details.

7/29 Jack Shay performance after lunch is served at 12M Please call for a meal reservation by 7/26 at noon.

7/30 Bright & Beautiful Therapy Dogs 12:30PM

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 12PM

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; Marbles 10 – 2PM

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga

11AM In-Person or Zoom; Walk with Friends 1PM; Wii Wednesdays

10 – 2PM; Hand & Foot Card Game 10AM

Thursdays: ZOOM ONLY: Chair Dance Yoga 9AM

Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM

In-Person or Zoom; Walk with Friends 1PM; Mahjongg 10AM

All Zoom Classes

Meeting ID: 706 942 1672 • Password: 123456

Special Events:

7/8 & 22 Crochet with Kathy 10:30AM

7/3 Fourth of July Celebrations 10 – 2PM Music by Kevin Oriol and lunch at 12PM Please call for a meal reservation by 7/2 at noon.

7/8 Chocolate with Almonds Day 10 – 2PM

7/10 Clover Chat 1PM

7/12 Pecan Pie Day 12PM

7/17 Nails by Kathy 1PM

7/22 Horse Racing 10AM

7/24 Drive-Thru Day 10 - 2PM

7/26 Nutrition presentation by Kathleen, CCE 12PM

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: BINGO 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

7/16 OFA Nutrition 12:30PM

7/18 Delaware County OFA 11AM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM

607-693-2069

Weekly Activities

Monday: Shuffleboard (call ahead to sign up) 9AM;

Gentle Yoga 9:30AM; Canasta 10:30AM

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: Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;

Friday: Shuffleboard (call ahead to sign up) 9AM; Gentle Tai Chi 9:30AM

Special Activities

7/1 July Birthday Celebrations 10:30AM

7/3 Fourth of July Celebration 9 – 1:30PM Luncheon at 12PM

Mike's Jukebox 12:30 – 1:30PM Please call for a meal reservation by 7/2 at noon.

7/9 & 23 Chop and Chat 12:30PM Please call to reserve by the prior Thursday.

7/10 Officers and Finance Meeting 9:15AM

7/10 Senior Center Site Council Meeting 10:45AM

7/11 & 25 Greater Good Grocery Bus 10 – 12PM

7/12 Burger Bar 11:30 – 12:30PM

7/18 Golden Griddle: Made To Order Breakfast Food 11:45 – 12:45PM

7/24 OFA 50th Anniversary Celebration – Coffee 9AM, Snacks 10AM,

Meal Served 12PM, Adrian Skarvinko 12:30PM

Please call for a meal reservation by 7/23 at noon.

7/24 & 25 AARP Evening Drivers Safety Course 5 – 8:30PM Call to reserve your spot.

7/24 Farmers Market Coupon Distribution 1 – 2PM

7/25 Nutrition presentation by Kathleen Cook, CCE 12:15PM

7/29 Cows, Pigs, and Horses Race 10:30AM

7/31 Legal Aid Society 9 – 12PM Please call for an appointment.

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

Lunch served at 11:15AM

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; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)

Thursday: Sewing 9AM; Cornhole 1PM

Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

7/3 4th of July Luncheon with Pianist Rick Pedro 12PM Please call for a meal reservation by 7/2 at noon.

7/8 Legal Aid 9AM (appointment required, please call)

- 7/9 & 23 15-minute Reiki, Chakra, Card Readings or Foot Reflexology
10 - 11:30AM \$3 (advanced registration and payment required, call 607-797-2307)
- 7/11 Farmer Market Coupon Distribution 9 - 10:30AM
- 7/11 Executive Board Meeting 9:30AM
- 7/12 Film Friday: "Devotion" 1PM (free popcorn, soda for sale)
- 7/15 Breakfast for Lunch: Ham, Scrambled Eggs & Potato Casserole
10:45 -12:15PM (no take-out available)
- 7/16 Nutrition presentation by Kathleen Cook, CCE 12PM
- 7/16 Chop & Chat 1PM - Red, White and Blue Fruited Cheesecake Salad
(Reservation required one week in advance, call 607-797-2307)
- 7/17 Center Closed - Annual Steak Roast at Otsiningo Park 10 -2PM
- 7/26 Film Friday: "Top Gun: Maverick" 1PM (free popcorn, soda for sale)
- 7/30 Chop & Chat - Summer Pasta Salad 1PM –
(Reservations required one week in advance, call 607-797-2307)
- 7/31 OFA Golden Anniversary Celebration 10 – 2PM
Please call for a meal reservation by 7/30 at noon.

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); Balance + Mobility 1 – 2PM (no fee)

Tuesday: TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3);

Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee);

Table Shuffleboard 12:30 – 3:00PM (\$1)

Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)

Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)

Friday: Gentle Yoga 10 – 11AM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

7/1 Stay Healthy Caregiver Support Group 1 – 2:30PM

7/3 The Medicine Shoppe (glucose, blood pressure & O2 checks)
10 – 12PM

7/10 Book Club (The Rent Collector by Camron Wright) 3 – 4PM

7/10 Discover Live: Tour through Prague, Czech Republic 10:30AM

7/11 Know Your Spiritual Self with Rev. Hilda 10 – 12PM

7/12, 7 & 26 Poetry Group 12:30PM

7/17 Golden Jubilee Picnic Celebrating OFA's 50th Anniversary
10 – 2PM Please call for a meal reservation by 7/16 at noon.

7/17 LGBTQ+ Senior Social Group 3 – 4PM

7/17 Alzheimer's Association – Johnson City Caregiver Support Group 4PM Registration and pre-screening required, please call 315-472-4201 ext. 227 to get signed up.

7/18 Legal Aid 9 – 12 PM. Call 607-797-3145 for an appointment.

7/18 & 19 AARP Driver Safety Class 1 – 4:15PM
(call 607-797-3145 to register)

7/19 Simple Small Meals presentation by Kathleen Cook,
CCE 10:30 – 11:30AM

7/24 Haircuts by Debbie Roberts \$20

(call 607-797-3145 for an appt) 10 – 11:30AM

7/25 Farmer's Market Coupon Distribution 9:30 – 11AM

7/27 Johnson City Carousel Day – CFJ Park, 11– 4PM

7/30 Hearing Screenings with Tri-City Hearing
(call 607-797-3145 for 15-min appt) 9 – 12PM

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: Crochet & Knitting Class 9AM; Osteo Bonesavers Class
10 – 11:00AM; Wii Bowling 10AM

Wednesday: Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM

Thursday: Pitch 9AM; Osteo Bonesavers Class 10 – 11AM

Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

7/2 & 7/16 Golden Ages 12PM

7/3 Fourth of July Party 9 – 3PM Meal at 12PM

Please call for a meal reservation by 7/2 at noon.

7/11 Breakfast for lunch at 10AM

7/15 Chop & Chat: Red, White, & Blue Veggies 1PM

7/18 Cornhole 10:30AM

7/26 Pub Burger Bar 11:30AM Please call for a meal reservation
by 7/17 at noon.

7/29 Chop & Chat: Summer Pasta Salad 1PM

7/31 Pizza Party on the Patio 11:30AM

Please call for a meal reservation at 7/30.

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

North Shore Towers Senior Center

24 Isbell Street, Binghamton, NY 13901

Center Hours: Monday - Friday, 10 – 2PM

Lunch served at 12PM

607-772-6214

Weekly Activities

Monday: Wii Bowling 10AM; Greed Game 10 - 11:30AM

Tuesday: Greed Game 10 - 11:30AM

Wednesday: Shuffleboard 10AM; Greed Game 10 - 11:30AM

Thursday: Greed Game 10 - 11:30AM

Friday: Greed Game 10 – 11:30AM; Gardening 10AM

Special Activities

7/2 Accepting raffle basket donations 10 – 2PM

7/3 Games in the Courtyard before lunch (weather permitting)

10:30 – 12PM Please call for a meal reservation by 7/2 at noon.

7/10 & 24 Evening Bingo 5PM

7/12, 19 & 26 Gardening in Courtyard 10:30AM

7/16 Farmers Market Coupon distribution (Must have OFA ID) &
Basket Raffle Drawing 10:30 – 11:45AM

7/16 Farmers Market Coupon Distribution 10:30 – 11:30AM

7/18 Craft Day – Door Magnet Decorations 10:30AM

7/25 Onsite Cooking Day 12PM Please call for a meal reservation
by 7/24 at noon.

Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

Center Hours: Monday - Friday, 9 – 2PM

Lunch served at 11:15AM

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: Card Group 9AM; Bingo 10AM; Ice Cream 12PM

Friday: Chef Salads 11:30AM (reservations required)

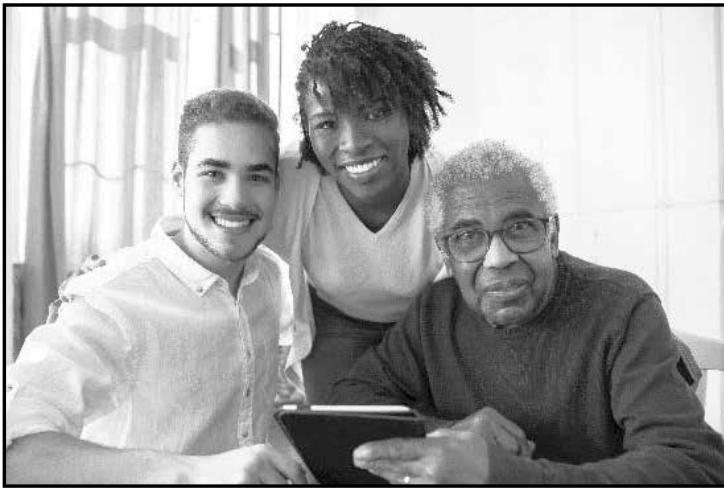
Special Activities

7/1 King High Card Game 12PM

7/3 4th of July Celebrations 10 – 1PM

- 7/8 & 22 Chop and Chat 10AM Call to reserve your spot.
 7/10 Tech Help from the Vestal Library 10AM
 7/10 Magic Tricks with Gary Freed 10AM
 7/10 CarFit Safety Event 10 – 12PM
 7/10 OFA 50th Anniversary Party 11:15AM with Friday at Freds 12:30PM
 7/10 Farmers Market Coupon Distribution 10 – 11AM
 7/11 Vestal Senior Club Trip Sign Up – Beauty & the Beast 12:15PM
 7/12 Mexican Train Tile Game 12:15PM
 7/18 Discover Live: Tour through Algiers, Algeria (Africa) 10AM
 7/23 Vestal Club Meeting Day & Picnic in the Park 12:15PM
 7/24 Nutrition presentation by Kathleen, CCE 10:15AM
 7/26 Pizza or Chef's Salad Day 11:15AM
 7/26 Bunko Dice Game 12PM

Binghamton University Research Study on Memory Processes and Aging Seeking Participants



If you are a community member age 50+ with normal or corrected-to-normal vision and no history of brain/neurological disorders, consider participating in research studies conducted by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. These studies seek to understand aspects of memory including how it changes throughout the lifespan and how it is a part of the mind-body link. The results of these studies can improve memory-based education and contribute to research on memory declines that develop with brain aging.

Study requirements (activities, location(s), time commitment), will vary depending on the project. All studies will involve the completion of surveys, memory tasks, and other cognitive tasks. Potential activities also include one or more of the following:

- An MRI (magnetic resonance imaging) scan. MRI scans allow us to measure the brain in a safe and painless way. These scans come at no cost to you.
- Eye tracking measurements taken using a noninvasive device that tracks your eye movements while you view a computer screen.
- Measurements using an fNIRS (functional near-infrared spectroscopy) device. This device consists of a headcap which shines light on your head to measure blood flow. Using fNIRS is also noninvasive and safe for people of all ages.
- Gut analyses looking at factors such as inflammation and type/number of bacteria and other microbes present.

All studies will be conducted at Binghamton University campus, UHS Vestal Hospital, or both locations. Depending on the requirements of the study, participants may be asked for approximately 1-4 hours of their time, split across 1-2 study sessions. Participants will earn up to \$80 for their time.

Anyone who would like to know more is asked to reach out to either 607-444-2864 or bingucamplab@gmail.com. Our lab members will discuss study options with you to help determine which option(s) best fits your interest. All interested participants will be screened to ensure study procedures are safe for them to do. Participation in this study is entirely voluntary.



Did you know that something as simple as writing down a few words could help with your overall mental health? Bullet journaling is a simple way to put your thoughts into words. Writing down the emotion you are feeling in that moment can help release some of the stress associated with the feeling. You can also jot down short notes about the events related to the emotion. There is power in releasing negative energy, write it and release it! See some examples below and try it for yourself. Writing out your emotions is a great tool for processing emotions and handling day to day stressors.

Example:

- Angry
- Sister
- Late
- Always

Naming your emotions and releasing them helps put you back into the driver's seat. Give bullet journaling a try and stay tuned for more mental health tips!

CarFit Event

The Broome County Traffic Safety Program along with its partners will be conducting a CarFit Event at the Vestal Senior Center on July 10th.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? CarFit is an educational program that helps drivers explore the safety features within their vehicle to ensure they are adjusted appropriately for their body so in the event of a crash, not only with they have the best control over their vehicle, but they will receive the optimal protection provided by those safety features. Participants will meet with a trained technician to ensure the safest and most comfortable "fit". It's free, it's easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Vestal Senior Center
201 Main Street, Suite 4

When: Wednesday, July 10th
10 - 12PM

Contact: Christine Marion, Broome County Health Department
607-778-2807

Christine.Marion@broomecountyny.gov

CARFIT 

Helping Mature Drivers Find Their Safest Fit



In June we asked...
What's the Secret to Life? 

Local seniors sent in their best piece of life advice to share with you. Thank you to everyone who took the time to submit their thoughts!

"The secret to life is forgetting the rush and making time for the things you genuinely enjoy." – Ruth, age 83

"Let it go." – Tim, age 67

"If you can laugh – laugh. Laugh hard." – John, age 86

"Constantly check in with your heart. Make sure you feel right." – Anna, age 58

"Don't worry for tomorrow, live for today." – Anonymous

"Don't gloss over the small moments while waiting for the next big event." – JoAnn, age 84

Sudoku Answers

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

Put Together Simple Small Meals for Energy

Kathleen Cook, SNAP-Ed Nutrition Educator, Cornell Cooperative Extension

Even if you "don't cook anymore," you most likely do eat some sort of food at home. Taking a little bit of time to think about what would be easy to throw together, taste pretty good, and provide the nutrition your body needs is worth the initial effort for your day-to-day health. Do some brainstorming and make a list of food you like.

Then, it will be easier to eat food from at least three different food groups for a meal and two food groups for a snack. Fruit, vegetables, grains, proteins, and dairy in simple combinations give your body the energy it needs for you to do the activities you enjoy.

One way to make this simple is by stocking your cupboards with some canned vegetables - maybe diced tomatoes and corn, beets or green beans, and some fruits like pears, peaches, pineapple, or mandarin oranges.

Then, add foods from other food groups to eat with them. Proteins could be cottage cheese or yogurt, nut butters, and canned tuna or salmon; whole grains like crackers, breads, or cereals bring in another food group that stores well.

Generally, any leftovers are usually good for up to four days in the refrigerator, so label them, and then use them in new ways, different combinations, or for other meals or snacks.

Remember to give yourself some self-care. Feed your body with foods to make you feel well.

Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

Tech 360 Computer & Internet Basics Two-Week Courses!

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the two-week course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once.

Call the Tech Center at **607-757-5359** for more information.

We offer many other **FREE** in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gjtechcenter@gmail.com for more information!

George F. Johnson Memorial Library
 1001 Park St.
 Endicott, NY 13760

The library has multiple classes you can watch on your own time. Visit <https://www.gjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

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

Wednesday, July 10th 11AM
 Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, July 10th 10AM
 Technology help!

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. **(607) 693-1858**

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But You're Scared of Surgery?



Before After

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

-Julie S., Binghamton

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in less than an hour right in our office. You'll be back to work and play in a day!

All Treatments Covered by Insurance. We Accept Medicare & Advantage Plans!

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Dr. Eric Dohner
75 Pennsylvania Ave Binghamton
157 East Main St Norwich
607.770.1815

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JULY 20, 2024 • 9AM-1PM

SUNY BROOME LOT 1
(USE LT. VANWINKLE DRIVE AND BEAR RIGHT)

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The Broome County Home Repair Service
Home Repairs for Senior Citizens
A Non-profit public service operated by
First Ward Action Council, Inc.
167 Clinton Street, Binghamton, NY

You pay only for materials.
Labor is provided free of charge to eligible home owners.

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Laugh Break!

When is a pool safe for diving?

It deep ends.

Broome County
Office for Aging 

WE ARE
HIRING!

JOIN OUR AMAZING TEAM

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

- Foster Grandparent Classroom Volunteer
Income Eligibility Required
No Civil Service Exam Required
Monday - Friday; Hours Vary
- On Call Leisure Time Activity Leader
Yesteryears: Group Respite Program
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Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Yesteryears: Group Respite Program
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Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Senior Centers
No Civil Service Exam Required
Monday – Friday, Hours Vary
- Principal Account Clerk
Monday – Friday, 40 hours
\$41,050

**To inquire about these positions call Mary at OFA at
607-778-2411**



SENIORS

- 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.

- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

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

**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 July, we will be visiting London, Sao Paulo, and Buenos Aires. These are free classes, and no reservations are required.

All the following events will be virtual walking tours at the senior center that is listed.

7/10 10:30AM

Prague, Czech Republic (Johnson City Senior Center)



7/18 10AM

Algiers, Algeria in Africa (Vestal Senior Center)



7/23 1:30PM

Florence, Italy (Broome West Senior Center)



8/12 1:30PM

Lisbon, Portugal (Johnson City Senior Center)



8/14 2PM

Lima, Peru (Broome West Senior Center)



8/15 10AM

Gdansk, Poland (Vestal Senior Center)



July Menu - Bon Appétit!

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

Four Cheese Macaroni & Cheese Beef Vegetable Soup Carrots Chocolate Chip Cookie	1	Halupki OR Chicken Cutlet Mashed Potatoes Peas Mandarin Oranges	2	Independence Day Party! Pulled Pork OR Beer Battered Fish Roasted Potatoes Coleslaw Strawberry Shortcake	3	Centers closed in Observance of Independence Day	4	Centers closed in Observance of Independence Day	5
Breaded Chicken Sandwich Chicken Noodle Soup Cut Green Beans Oatmeal Raisin Cookie	8	Roasted Chicken OR Liver w/Onions Roasted Red Potatoes Oriental Blend Vegetables Pudding w/Oranges	9	Pierogies w/Kielbasa Garden Salad Pears	10	Manicotti Sausage Florentine Soup Cauliflower w/Parsley Peach Cobbler	11	Turkey & Provolone OR Egg Salad On Marble Rye Bread Macaroni Salad Fruit Cup Sugar Cookie	12
Ziti Sausage Bake Carrots Wax Beans Double Chocolate Chip Cookie	15	Beef Stroganoff OR Broiled Fish w/Lemon Buttered Noodles Winter Squash Cantaloupe	16	Chicken Salad Croissant Tomato Florentine Soup Cottage Cheese Pineapple	17	Chicken Florentine OR Halupki Mashed Potatoes California Blend Vegetables Ice Cream Cup	18	BBQ Meatball Sub Or Tuna Salad Sub Baked Beans Red Potato Salad Sherbet Cup	19
Chili Baked Potato Country Blend Vegetables Applesauce	22	Teriyaki Chicken OR Apricot Meatballs Brown Rice Pilaf Oriental Blend Vegetables Pineapple	23	Chicken Breast Mashed Potatoes Peas w/Pearl Onions Banana	24	Kielbasa OR Beer Battered Fish Pierogies w/Onions Broccoli Florets Apple Crisp	25	Grandma's Meatloaf OR Fish Florentine Mashed Potatoes French Cut Green Beans Spice Cake	26
Beef Stew over a Biscuit Peas Warm Spiced Apples Oatmeal Raisin Cookie	29	Pub Burger Macaroni Salad Watermelon Sherbet Cup	30	Ham Salad on Rye Three Bean Salad Red Potato Salad Chocolate Chip Cookie	31	Senior Centers 50th Anniversary of the Broome County Office for Aging! To celebrate each senior center will host an anniversary celebration. See each center for details. Vestal - July 10 th , Johnson City - July 17 th Eastern Broome - July 24 th , First Ward - July 31 st			

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



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

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

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

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