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Your Voice Matters

Share your thoughts and opinions about the needs of older adults in the community.

Please consider participating in a **FOCUS GROUP**.

If you wish to attend one of these community conversations, please RSVP by calling 778-2411 or by emailing ofa@co.broome.ny.us.

Schedule:

- 03/19/2019** UHS Stay Healthy Center
Oakdale Mall, 10 – 11am
- 03/20/2019** George F. Johnson Library
Endicott, 2 – 3pm
- 03/27/2019** Broome County Library
(Ahearn Room) Binghamton, 2-3pm

Refreshments will be provided. All focus group participants will be entered into a drawing for a gift card. Focus groups are sponsored by Broome County Office for Aging and Broome County Age Friendly Project.

March for Meals!

Broome County is participating in the National March for Meals campaign throughout the month of March. As part of this campaign, we are asking the community to support local Meals on Wheels programs by volunteering to deliver meals or by making a monetary contribution. Meals on Wheels is a vital service to our community as it helps seniors remain independent while living in their own homes. In 2018, Meals on Wheels served meals to over 850 people, totaling 228,400 meals in our community!

Local dignitaries and celebrities who are available March 18 through the 22 during “Meals on Wheels Community Champions Week” will be out showing their support and delivering meals to program participants.

To support the March for Meals, please consider making a donation online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior> or through the Meals on Wheels of Western Broome website at <https://mealsonwheelsofwesternbroome.com/>. To donate by check, make checks out to Broome County Office for Aging and mail to Broome County Office for Aging, 60 Hawley Street, PO Box 1766, Binghamton, NY 13902 and note it as a “March for Meals” donation. For more information and to volunteer to deliver meals, please call the Office for Aging: (607) 778-2411.

Senior Center Spotlight

NORTHERN BROOME

Northern Broome Senior Center is all about people. This beautiful center is conveniently located at 12 Strongs Place and is an integral part of the Whitney Point community. People coming to the center eagerly take part in activities and enjoy the companionship of others. When talking with people at the center, most mention the friendliness of everyone. Many say the center keeps them active and gives them a purpose for each day. New visitors to the center describe instantly feeling at home. Here is what some participants say:

- Carolyn says, “It’s a nice place to come chat and have a nice hot meal.”
- Debbie says, “It’s a great place to volunteer. The people are so nice to be with.”
- Gary says he lives alone and that at the center he can play games and have a nice meal.
- Lois says, “The senior center is an awesome place to go. I live alone, so the center is special. I volunteer. It gives me a sense of purpose in my life. It’s also pretty much my social life; there are wonderful people there. I wouldn’t know what to do with myself if it wasn’t for the center.”
- Barb says she loves coming to the center to see her friends and have lunch.

Northern Broome offers many activities and classes. There is a library with computers, exercise room, classroom, game room, and a beautiful dining room. A hearty hot lunch is served daily. Evening meals with live entertainment are hosted twice a month. The center has a zentangle class that is so much fun and very relaxing. Zentangle is an easy-to-learn way to create beautiful images by drawing structured patterns. Anyone can do it! There is a “Wheel of Fortune” game once a month. People also enjoy the Wii Bowling tournaments, pie baking contest, and bunco group.

Continued on pg.2

March is National Nutrition Month®

It’s March again, which means it’s National Nutrition Month®! The Academy of Nutrition and Dietetics has chosen this month each year since 1973 to highlight nutrition topics and “to increase the public’s awareness of the importance of good nutrition.” Making informed food choices and developing physical activity habits are essential to good health and disease prevention.

This month we want to showcase the Academy’s ‘Eating Right Tips for Older Adults.’

- 1. Make half your plate fruits and vegetables:** Eat a variety of colors and choose from fresh,

Continued on pg.5



EATING WELL EVERY DAY

Spotlight *continued from page 1*

Fun Facts about Northern Broome

Center hours are Monday through Friday from 9am to 3pm.

Location: 12 Strongs Place, Whitney Point – The center has a parking lot and is also served by Office for Aging buses. Call the GetThere Call Center (855-373-4040) for transportation options and assistance.

People: Desirae Peterson is the site supervisor, Orvetta Ellerson works in the kitchen, and Katie Garcia works with Meals on Wheels. You can reach them at 607-692-3405 with any questions.





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Caregiver Corner

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

Caregiver Event

Learning How to Downsize and Declutter - Tips for Caregivers and Their Loved Ones

Date: Tuesday, March 19
 Time: 1:00 PM – 2:00 PM
 Place: Broome West Senior Center
 2801 Wayne St, Endwell
 Presenter: Joan Sprague, retired
 Broome County Office for Aging

Do you clutter? Many of us do-some of it's beautiful, some sentimental, some just plain unnecessary.

This presentation will get us motivated to start the process of downsizing. Be aware that downsizing takes time and patience, as it took a lifetime to accumulate the things we have. We will also discuss possible reasons for why we hold on to things the way we do.

Pre-registration is requested; call (607) 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

Place: **Stay Healthy Center**
 Oakdale Mall, Johnson City
 Date: Monday, March 4
 Time: 1:00 – 2:30 PM
 Place: **Broome West Senior Ctr**
 2801 Wayne St, Endwell
 Date: Wednesday, March 20
 Time: 9:30 – 11:00 AM

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Scam of the Month

All Different Kinds of Scams

Unfortunately, the number of scams targeting seniors is always increasing. Scammers are getting more and more creative with their scams as well. This month's scam block has a few tips and tricks to avoid all types of scams!

Tips:

- If it doesn't seem right, it probably isn't – trust your instincts
- Never give personal information to strangers
- Beware of "contractors" who knock on your door
- Using a credit card is safer than using a debit card
- Talk to someone you trust before giving out your personal information
- Be careful when signing up for any "free trial" offers!

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

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EATING WELL EVERY DAY RECIPE CONTEST

RECIPE SUBMISSIONS ACCEPTED UNTIL APRIL 5

As part of National Nutrition Month, we want to hear about your favorite healthy and delicious recipe. Soups, entrees, side dishes, baked goods – whatever your specialty, please share it with us!

The recipe winner will be selected by the Office for Aging's nutrition counselor, registered dietitian Donna Bates, who is featured in this issue of the *Senior News*. The winning recipe will appear on Facebook and in the *Senior News*, and the winner will receive meal tickets for the senior center of their choice.

Recipes will be judged based on these standards.

1. The recipe incorporates foods from a variety of food groups
2. The recipe demonstrates healthy modifications such as using spices instead of salt, whole wheat flour instead of white flour, etc.

All recipes meeting the criteria as described in 1 or 2 above, as determined by the Dietitian, will be placed in a drawing together with all other recipes meeting these criteria, with the winning recipe selected at random.

To enter, you must be a Broome County resident and a senior citizen. Recipe submissions will be accepted until **April 5, 2019**.

To enter the contest, submit a recipe (photo of yourself with your dish is optional) by emailing ofa@co.broome.ny.us or sending it as a Facebook message to the Broome County Office for Aging's Facebook page with "Recipe Contest" in the subject line. The body of the message should include the recipe and your contact information (name, address, phone number).



HAPPY COOKING!



Port Crane Seniors Club

Contact: Ruth, 648-8425

March 13
 Silver Birches St. Patrick's Celebration
 Hawley, PA

April 9
 High Point Resort, Montague, NJ

Vestal Seniors Club

Contact: Mary Ann, 625-3571

April 11
 Erie Canal Museum & Shopping

June 10-12
 "Pittsburgh Express"
 See the sites of Pittsburgh!

Johnson City Senior Center

Contact: Darlene, 797-3145

March 21
 Yellow Brick Road Casino,
 Chittenango, NY

April 25-28
 Tour of Washington, D.C. and
 Williamsburg

Eastern Broome Senior Center

Contact: Arlene, 759-6306

April 3
 Yellow Brick Road Casino,
 Chittenango, NY

Kattleville Senior Association

Contact: Ellen, 722-9195

May 2 – 11
 Cruise to Bermuda & Bahamas

It's Back! Baked Potato Bar!

Starting March 6th, around 11:15 am

Enjoy a fresh, delicious baked potato with all the fixings. No reservations needed. Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and/or sour cream. Also included is homemade soup, crispy tortilla chips, dessert and a beverage.

Participating centers are Broome West (3/6-8), Johnson City (3/6-7), Eastern Broome (3/6+8), Northern Broome (3/6) and Vestal (3/6).

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.

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 (Binghamton)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)

Bonesaver Class

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

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

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
Friday	10:00 am	Johnson City Senior Center

Tai Chi

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

Tuesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	9:30 am	Broome West Senior Center - \$3 charge
Thursday	10:30 am	Johnson City Senior Center - \$3 charge
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center - \$3 charge

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 (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
Wednesday	9:30 am	Johnson City Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

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

Lo-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 (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Strength and Balance Class

Tuesday	1:30 pm	Johnson City Senior Center - \$5 charge
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**Complete addresses and phone numbers for all Senior Centers located on pages 14 & 15*

Exercise Equipment Available Daily at the following Senior Centers:

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

Local Senior Center Receives Grant for Kitchen Improvements



Northern Broome Senior Center in Whitney Point has recently received 2 new ovens, made possible by a grant from the Community Foundation for South Central New York. The center will make great use of these ovens when lunch is served around 12 noon, Monday through Friday. The center will also be busy cooking their made-to-order lunch specials, including homemade soups, specialty sandwiches, breakfast items like waffles, hash brown casserole, pastas, and burgers. And don't forget delicious homemade desserts like bread pudding or the Northern Broome specialty "creamsicle cake!"

Turn to page 11 for more information on the Northern Broome Senior Center.

If you would like to learn more about the Community Foundation for South Central New York, visit the foundation's webpage at <https://donorswhocare.org>.

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EVENTS at the CENTERS

Evening Meal w/Singer Ryan Wilson
Wednesday, March 13, 5 pm
First Ward Senior Center
Includes a choice of beer battered fish or pub burger with banana cream pie for dessert!

Nature Photography by Jerry Acton
Wednesday, March 20, 11:30 am
Northern Broome Senior Center
Jerry Acton will share a lifelong love of nature through photos of birds and animal wildlife.

Pizza or Chef Salad for Lunch w/Bunko
Friday, March 22, 11:30 am
Vestal Senior Center
To make a lunch reservation or inquire about playing Bunko, call the center at 754-9596.

Information Meeting for Trip to Ireland
Thursday, March 21, 1 pm
Johnson City Senior Center
Our travel advisor will join us to discuss the plans for our journey to Ireland later this year!

Breakfast for Lunch Specials
Mondays, March 11 & 25
10:30 am-12:30 pm
Broome West Senior Center
Specials include western omelet on Mar.11 and egg & cheese English muffin on Mar. 25.

Lunch Special for March
Thursday, March 14
11 am-12:30 pm
North Shore Towers Center
A festive "green" lunch includes broccoli pizza, tossed salad, and lime fruited gelatin for dessert!

Evening Dining w/Singer Wayne Beddoe
Thursday, March 14
Doors Open at 3:30 pm
Eastern Broome Senior Center
Enjoy a delicious meal including rotisserie chicken, a baked potato, peas, and a special dessert.

Breakfast for Lunch
Tuesday, March 12
10:30-11:45 am
Deposit Senior Center
Special includes French toast with strawberries, sausage, scrambled eggs and juice.

National Nutrition Month *continued from page 1*

- frozen, or 'reduced-sodium' canned vegetables and fruit.
- 2. Make at least half your grains whole:** Eat a diet high in fiber and aim for 100% Whole Grain when purchasing your rice, cereals, breads, pastas and crackers.
 - 3. Switch to fat-free or low-fat milk, yogurt, and cheese:** Don't forget your Calcium and Vitamin D to keep your bones healthy and strong! Lactose-free milk or calcium-fortified soy beverages are great for those who are lactose-intolerant.
 - 4. Vary your protein choices:** Don't forget to include nuts, beans, and peas in your diet along with seafood, lean meat, eggs, and poultry.
 - 5. Cut back on sodium and empty calories from solid fats and added sugars:** Watch the sodium content of your favorite foods, particularly canned and processed foods. Try switching from sugary drinks to just drinking water! Avoid desserts when possible and watch your intake of foods high in unhealthy fats such as pizza, hotdogs, sausages, and cheese.
 - 6. Enjoy your food but eat less:** Check your portion sizes by using smaller plates and bowls. Try cooking at home more! When you do go out, choose healthier options that are lower in calories such as vegetables, fruits, and whole grains.
 - 7. Be physically active your way:** Start off by doing what you can. If you're currently inactive, start by walking and add a few minutes each day. Choose activities you enjoy and you're more likely to follow through!

Always consult a Registered Dietitian or Nutritionist if you have special dietary needs. Find more information at www.eatright.org by searching National Nutrition Month. #NationalNutritionMonth

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Charles Dickens

Pasta & Meatball Dinner Fundraiser

First Ward Senior Center - Tuesday, March 26th
 Dinner 4 – 6pm • Bingo 3 – 4pm - .50¢ a game for prizes
 Raffle Baskets • 50/50 • Featuring Entertainment: Orange Blossom Special
 Cost: Advance Tickets-\$8 adults, \$4 kids 12 and under
 Day-of tickets-\$10 (while supplies last)

Do You Have a Collection?

Now that you have decided to downsize, how can you find the best resale value for any collections you have? Are you ready to make the emotional adjustment of living without those precious objects? Learn from someone who has been through this experience on Tuesday, March 12 at 3 PM.

This is part of the monthly Downsize and Declutter Discussion held at Broome West Senior Center, 2801 Wayne Street in Endwell. Call 778-2298 if you have questions.

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Women's History Month provides us with ample opportunity to highlight notable women - even fictional ones! In recent times, there has been a renewed surge of interest in Wonder Woman. Her creation is something that has been fascinating people for some time, yet much of her origin is not well understood. Here's a little bit of the "secret history" of Wonder Woman....

Wonder Woman was created by an American psychologist named William Moulton Marston. In the late 1930's, comic books with male superheroes, specifically the torture and other cruelties sometimes found in the books, had come under serious criticism because of the perception that they were ruining the next generation. As a result, comic book publishers were interested in using Dr. Marston as a consultant in an effort to make comic books less controversial.

Marston suggested that a female character be created, because he wanted to make sure there was a female alternative to male superheroes, who he didn't think served as the proper role models for girl readers.

"Not even girls want to be girls so long as our feminine archetype lacks force, strength, and power. Not wanting to be girls, they don't want to be tender, submissive, peace-loving as good women are. Women's strong qualities have become despised because of their weakness. The obvious remedy is to create a feminine character with all the strength of Superman plus all the allure of a good and beautiful woman."

In time, this led to Marston creating his own superhero, who he wanted to triumph via the use of love rather than physical force. However, it was Marston's wife Elizabeth Holloway Marston who told him to make the superhero a woman.

Wonder Woman is seen as an icon for strong women. This makes sense. Marston intended for the superhero to serve as a reminder that "feminine" characteristics such as kindness, empathy, and a love of peace were by no means synonymous with weakness. In fact, it should be mentioned that Marston's version of Wonder Woman drew a great deal from the strong women of his time - the suffragists. Although he was not active in the suffrage movement, Marston believed in empowering women to be equal to men, and much of his work on Wonder Woman showed off the character's athletic prowess and intelligence. This was no coincidence. In effect, he was sending an important message to the suffragists: Be strong!

Contributed by Margherita A. Rossi, Professor of Psychology and Director of the Women's Institute at SUNY Broome. Quote from "The Secret History of Wonder Woman" by Jill Lepore

BE OUR GUEST

You Are Cordially Invited

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 - Broome West Sr Center (Endwell): 785-3427
 Susan - Deposit Sr Center: 467-3953
 Marcie - Eastern Broome Sr Center (Harpursville): 693-2069
 Jessica or Liz - First Ward Sr Center (Binghamton): 729-6214
 Darlene - Johnson City Sr Center: 797-3145
 Barbara - North Shore Towers Center (Binghamton): 772-6214
 Desirae - Northern Broome Sr Center (Whitney Point): 692-3405
 Jennifer - Vestal Senior Center: 754-9596

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Rita C. - Binghamton

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Call NOW for Pain Free Legs!

607.770.1815

75 Pennsylvania Ave in Binghamton
157 East Main Street in Norwich

A Year of Change with The Living Healthy Program

In February of 2018, Office for Aging hosted a six-week Living Healthy Workshop at the Broome West Senior Center to help those managing chronic conditions like heart disease and diabetes. Living Healthy is the local implementation of the Chronic Disease Self-Management Program of the Self-Management Resource Center. Since completing the workshop, members of the class have continued to adopt healthier habits through diet and exercise. We recently checked in with one of our participants on how the Living Healthy Workshop helped her to make 2018 a year of change. Here's Sarah's story!



Participant Sarah at Living Healthy Workshop

Sarah has been a member of the Broome West Senior Center since 2010, and she signed up for the Living Healthy Workshop last February because she wanted to take a class with her friends and learn ways to eat healthier.

In the workshop, Sarah learned about the MyPlate model for incorporating all the important food groups into her meals, like dairy, protein, grains, fruits, vegetables and dairy products. Today, Sarah makes fruits and vegetables more of a focus in meal planning than she used to.

Portion control has been the greatest lesson that Sarah learned in the Living Healthy Workshop. Sarah says, "It's not what I eat, but how much I eat that makes all the difference." Fast food and cookies are now foods that Sarah has in moderation as a special treat. Purchasing measured portion containers has also helped Sarah to cut down on overeating at home.

Sarah encourages others to sign up for the Living Healthy Workshop. She says, "The class gives you a feeling of doing something right for yourself. You'll be so much stronger at making good choices in stores and at restaurants."

If you are interested in joining a Living Healthy Workshop, contact Sofia at the Office for Aging at 778-2411. Make 2019 a year of change!

Eat Well with the Help of Nutrition Counselor Donna Bates

Nutrition counseling and education can help you develop a personal diet plan to achieve better health. Donna is a registered dietitian with the Office for Aging. Donna will work with you to form a plan based on your needs, which may include:



- Diet adjustments for specific health concerns
- Economical food preparation
- Supermarket shopping
- Food safety

The Office for Aging provides this service if you are age 60 or over and if you are not eligible to receive nutrition counseling through another program. For information, call 778-2411.

“You can cut all the flowers, but you cannot keep spring from coming.”
Pablo Neruda

Sudoku Answers

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


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Serving the Elderly through Project Planning

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Seniors Running and Walking Festival Save the date!

Registration for the 5th annual Seniors Running and Walking Festival will be opening soon. The summer-long walking and running program starts on July 8th and will continue through August 30th. We will meet on Mondays and Fridays at 6:30 PM at the Coal House Café on the Vestal Rail Trail. These gatherings include walking or running together and fun, team-oriented, games with prizes, followed by time to relax, talk, and enjoy refreshments.

To top it all off, the Seniors Running and Walking Festival races will be held on September 7th. The 1-mile and 5K (3.1 miles) events are for older adults, age 55 and older, of all abilities. After you cross the finish line, we will celebrate you with plenty of food, awards, finisher medals, T-shirts and more!



Crossing the finish line. Left to right:
Dennis and Darlene Leonard,
Jack Willaims

Be sure to save the above dates on your calendar and check out next month's *Senior News* for details about how to register. Questions, call the Office for Aging at 778-2411.







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Happy New Year to our residents in Broome County!

I look forward to visiting more senior centers across the county in 2019.



During Thanksgiving week of 2018, I had the opportunity to volunteer with Meals on Wheels. It is such a welcoming environment with the volunteers and Office for Aging employees. I was paired with Art, a longtime Meals on Wheels volunteer. I joined him on his route in Binghamton through the First Ward and West Side and together, as a team, we delivered meals to Meals on Wheels clients. As much as the individuals look forward to seeing Art each day, I believe Art enjoys seeing them even more. The Meals on Wheels program is crucial and would not be successful without volunteers such as Art and the dozens of others delivering throughout Broome County. Thank you for your dedication, commitment and the giving of yourself to help others. Volunteering with Meals on Wheels was a humbling experience and one I will never forget.

Broome County Meals on Wheels serves over 600 elderly people in our community. These 600 people depend on our services. In 2018, we served more than 185,000 meals which is a 12% increase from previous years. To meet the demand, the program needs additional donations to serve our growing elderly population. You can help by donating to Meals on Wheels. 100% of your donation will go directly to Meals on Wheels to provide meals to the homebound elderly people in Broome County who depend on it.

I also want to take the time to share a special thank you to Elayne Luis. She worked at Broome West Senior Center and retired late last year. Elayne greeted everyone who walked into Broome West with her bright smile and for some, a big hug. You could see how many people she made a positive impact on by the huge crowd at her retirement celebration at the senior center. She will be missed, and I hope she will come back and visit often at Broome West!

I look forward to seeing many of you this year at our centers. I will be at North Shore Towers for lunch on March 20. I'm also looking forward to the Senior Picnic on June 19th – It will be here before you know it!

Please call my office at 778-2109 if I can help you with anything. Thank you and God Bless!

~Jason Garnar, Broome County Executive

Join Us for Hiking with the Dinosaurs

It's time to lace up your boots again. The Broome County Office for Aging Senior Hiking with the Dinosaurs is starting this month. We aim to hike at all Broome County Parks followed by lunch at all Broome County Senior Centers this year. We will also explore other parks with interesting hiking opportunities. Be sure to dress appropriately for the weather and remember to **tick-proof** yourself. Make a reservation for lunch by noon on the day before the hike.

Another hiking opportunity takes place on alternate Wednesdays. The Triple Cities Hiking Club will meet at 10am for a Hiking-Lite hike at Jones Park in Vestal.

March 13: Dorchester Park. Meet at 10am. Lunch will follow at Northern Broome Sr Center. 692-3405 for reservations.

March 27: Nathaniel Cole Park. Meet at 10am. Lunch will follow at Eastern Broome Sr Center. 693-2069 for reservations.

April 10: Otsiningo Park. Meet at 10am in the North parking lot, behind Lalor Dental on Upper Front Street to carpool. Lunch will follow at First Ward Sr Center. 729-6214 for reservations.

April 24: Greenwood Park. Meet at 9:30am at Broome West Sr Center to carpool. Lunch will follow at Broome West Sr Center. 785-1777 for reservations.



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Nutrition Education with Office for Aging: Quick and Healthy Meals and Snacks

Would you be interested in tips on how to stock your pantry with quality food items for making nutritious meals? Are you looking to save time in the kitchen and still enjoy flavorful, healthy meals? Sit in on the nutrition education class "Quick and Healthy Meals and Snacks" presented by Office for Aging. Advanced registration is not required, and the class is free of charge!

First Ward, Tues., March 5, 11am
 North Shore Towers, Wed., March 6, 11am
 Eastern Broome, Thurs., March 7, 1pm
 Broome West, Wed., March 13, 11am
 Johnson City, Tues., March 19, 11am
 Vestal, Wed., March 20, 11am
 Deposit, Tues., March 26, 11am
 Northern Broome, Wed., March 27, 11am

For additional information, contact the Office for Aging at 778-2411.

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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 8

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

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: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9:30 am, Quilting 9 am-12 pm;

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

W: Bingo 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm

F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

3/1,8 Binghamton University Nursing Students Visit, 9 am

3/5 Legal Aid (*please call for appointment*)

3/6,7,8 Baked Potato Bar, 11:15 am–12:30 pm

3/11 Special Breakfast: *Western Omelet*, 10:30 am–12:30 pm

3/12 Downsize & Declutter Discussion, 3 pm

3/13 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

3/15 Refreshments & Johnston School of Irish Dance Performance, 10:45 am

St. Patrick's Luncheon (*please reserve*), 12 pm

3/20 Caregiver Chat, 9:30 am

3/21 Philly Cheese Steak Day w/Marian Tewksbury, 11 am–12:30 pm

3/25 Special Breakfast: *Egg & Cheese English Muffin*, 10:30 am–12:30 pm

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: Bingo, 1 pm: 3/5 Nickel; 3/19 Bag; 3/26 Quarter Craft Making, 10 am: 3/5,19,26

Thursdays: Chair Exercises, 11–11:30 am

3/12 Breakfast for Lunch: *French toast w/Strawberries/Sausage/Eggs*, 10:30–11:45 am

3/14 St. Patrick's Celebration w/Trivia, 12 pm–1:30 pm

3/19 Presentation on Delaware County Office for Aging Services, 10:45 am
Blood Pressures w/Sandy, 11:30 am
Southern Tier Food Bank at the Fire Station, 11:30 am

3/26 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

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: *Grilled Ham & Cheese w/Soup*

3/6,8,27 Baked Potato Bar, 11:30 am–12:30 pm

3/7 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 1 pm

3/14 Evening Dining (*Rotisserie Chicken/Cheesecake*) w/Wayne Beddoe, 3:30 pm

3/15 Refreshments for St. Patrick's Celebration, 10 am

Pub Burger Bar, 11:30 am

St. Patrick's Luncheon (*please reserve*), 12 pm

Carle School of Irish Dance Performance, 12:15 pm

3/18 Cabin Fever Day w/Games (*call for information & lunch options*)

3/26 AARP Smart Driver Course (*please reserve*), 9 am–3:30 pm

3/27 Legal Aid (*appointment needed*), 9 am–12 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- 12:30 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*), 10:30 am

3/5 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

3/6 Chorus Resumes (*please call to join*), 9:30 am
Social Club, 1 pm

3/7 Executive Board Meeting, 9 am

3/7,8 AARP Smart Driver Course (*please reserve*), 9 am–12pm

3/11 Breakfast for Lunch Special: *Ham & Cheese Bake*, 10:30 am–12:30 pm

Learn More About the Chop & Chat Program, 11:30 am

Scarlet Bonnets Resume, 1 pm

3/11,25 Chop & Chat (*please reserve*), 1 pm

3/13 Legal Aid (*by appointment only/please call for information*), 9 am
Evening Meal (*Beer Batter Fish or Pub Burger/Banana Pie*) w/ Ryan Wilson, 5 pm

3/15 St. Patrick's Luncheon (*please reserve*), 11:45 am

Johnston School of Irish Dance Performance, 1 pm

3/21 Philly Cheese Steak Day w/Orange Blossom Special, 11:45 am

3/26 Pasta Dinner Fundraiser (*call for information*), 4–6 pm

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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; Poetry 11 am; Bingo 12:30 sales/1:30 play; Knit/Crochet 1 pm; Pitch (cards) 1 pm

T: Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm

W: Quilting 9 am; Bridge (cards) 10:30 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 - 11:45 am; Meditation 3 pm

F: Watercolor Painting 9 am; Ladies Singing 10 am; Chair exercises 12:30pm

Special Activities:

3/4 Binghamton University Technology Students Visit, 11:30 am-1 pm

3/4,18 Chop & Chat (*please reserve*), 10:30 am

3/6 Book Club Hosted by Judy Carlson (*call for information*), 3 pm

3/6,7 Baked Potato Bar, 11:45 am

3/7 Binghamton University Nursing Students Visit, 9 am

3/7 Music by Orange Blossom Special, 11:30-1 pm

3/12 SNAP Nutrition Class w/Cornell Coop. Extension: Eat Your Greens, 11:30 am

3/15 Johnston School of Irish Dance Performance, 11:45 am

St. Patrick's Luncheon (*please reserve*), 12:15 pm

3/19 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am
Chef Weaver's Healthy Food Tips, 1:30 pm

Red Hat Society Meeting, 3 pm

3/20 Blood Pressure and Glucose Checks, 10:30 am-12 pm

3/21 Legal Aid (*by appointment only/please call for information*), 9 am

Information Meeting on Upcoming Ireland Trip, 1 pm

3/27 Haircuts by Debbie Roberts, 10 am-12 pm

3/30 Sat., Psychic Fair, 10 am-6 pm

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; Pinochle 10 am; Horse Racing (1st/3rd) 10:30 am; Bingo 10:30 am; Adult Coloring Class 12-2pm

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, Sunrise Yoga 12:30 pm; Knitting 1 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am

F: Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

Special Activities:

3/1 Peanut Butter Lovers' Day w/Smoothies, Trivia & Puzzles, 12 pm

3/4 Pizza or Chef Salad for Lunch, 11:30 am

3/6 Binghamton University Nursing Students Visit, 9:30 am
Baked Potato Bar, 11:30 am

3/8 Johnston School of Irish Dance Performance, 10:15 am

3/11,12 AARP Smart Driver Course (*please reserve*), 10 am-1:30 pm

3/12 Evening Meal (*Rotisserie Chicken/Cheesecake*) w/Greg Neff, 4:30 pm

3/13 Cakewalk Game (*call for information*), 12:30 pm

3/15 Wear Green for St. Patrick's Celebration (*prize for best dressed*)
St. Patrick's Luncheon w/Games, 11:30 am

3/18 Wheel of Fortune Game, 12:15 pm

3/26 Evening Meal (*Chicken Cordon Bleu/Lemon Meringue Pie*)
w/Bingo, 4:30 pm

3/27 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

"Spring is the time of plans and projects."

Leo Tolstoy

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 & Cards Games 10-11:30 am

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

F: Wii Bowling 10-11:30 am

Special Activities:

Wednesdays: Binghamton University Technology Students Visit, 10:30 am

Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10th Floor, 9-11 am

3/1 Crafts for Mardi Gras, 10:15 am

3/5 Mardi Gras Celebration w/Games, 10:30 am

3/6 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

3/7 Breakfast for Lunch: Breakfast Burrito w/Fruit, 11 am-12:30 pm

3/12 Decorate Pots of Gold for St. Patrick's Day, 10:15 am

3/14 Lunch Special: White Broccoli Pizza/Tossed Salad/Fruited Gelatin,
11 am-12:30 pm

3/15 Music by Marian Tewksbury, 10:45 am

St. Patrick's Luncheon (*please reserve*), 12 pm

3/20 Gather Items for the Center's Indoor Vegetable Garden

(*call for information*), 10:15 am

Lunch with County Executive Jason Garnar, 12 pm

3/27 Planting & Starting the Center's Indoor Vegetable Garden, 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;
Chair Exercises 10:30; Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;
Bridge Group 12:30 pm

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

Special Activities:

3/4 King High Card Game, 12 pm

3/5 Mardi Gras Celebration, 10:30 am

3/6 Binghamton University Nursing Students Visit, 9:30 am-1 pm
Baked Potato Bar, 11:30 am-12 pm

3/7,21 Bingo, 10:15 am

3/11,25 Chop & Chat: Making Veggie Pizza (*please reserve*), 10:30 am

3/13 Renewal of Partial Tax Exemption for Real Property of Sr.

Citizens for AGED & ENH

Star, Vestal residents (*appt. required*), 10 am-1 pm

Recycling Tips Presentation w/Cornell Cooperative Extension, 11 am

3/15 Refreshments, 10:30 am

St. Patrick's Luncheon (*please reserve*), 11:30 am

Johnston School of Irish Dance Performance, 12:15 pm

3/18 Mexican Monday: *Burritos*, 11:30 am-12 pm

3/20 Nutrition Education w/Office for Aging: Quick & Healthy Meals, 11 am

3/21 Philly Cheese Steak Day, 11:30 am

3/22 Pizza or Chef Salad w/Bunko, 11:30 am

3/25 Breakfast for Lunch: *French Toast*, 11:30 am

3/26 Vestal Senior Club Meeting, 12:30 am

MEET, GREET & EAT

March 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.

Need to Reduce Sugar and Calorie Intake? We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.				Beer Battered Fish OR Salisbury Steak 1 Brown Rice Pilaf Winter Squash Banana Cake	
Ham Steak with Mustard Sauce 4 Au Gratin Potatoes Broccoli Chocolate Chip Cookie	Stuffed Shells with Alfredo Sauce 5 Green Beans Fresh Garden Salad Apple Crisp	Fish Florentine OR Beef Burgundy 6 Buttered Noodles California Mixed Veg Fruited Gelatin w/ Whipped Topping	Turkey with Gravy 7 Bread Dressing Sweet Potatoes Pineapple & Mandarin Oranges	Citrus Herb Pollack OR Sausage Link 8 Oven Roasted Potatoes Brussels Sprouts Devil's Food Cake	
Macaroni & Cheese 11 Stewed Tomatoes Cauliflower with Parsley Banana	Chicken & Biscuits 12 Carrots Fresh Garden Salad Ice Cream Cup	Halupki OR Roast Turkey 13 Mashed Potatoes w/ Gravy Peas Chocolate Pudding	Classic Meat Lasagna 14 Broccoli Hot Cinnamon Apple Slices Blueberry Buckle	St. Patrick's Day Party 15 Fish Florentine OR Corned Beef Baby Red Potatoes Sautéed Cabbage & Onions Key Lime Pie Cups	
Chili w/Cheese & Cornbread 18 Mixed Vegetables Applesauce Peanut Butter Cookie	Liver w/Onions OR Chicken Marengo 19 Mashed Potatoes Peas Raspberry Blackout Bar	Sliced Pork w/ Gravy OR Salmon Patty w/ Dill 20 Hash Brown Potatoes Broccoli Peaches	Pasta Parmesan 21 Sausage Soup Spinach Cherry Crisp	Herb Rubbed Pollack OR Grandma's Meatloaf 22 Lemon Rice Pilaf Carrots Mixed Fruit Cup	
Meatball Parm Sub 25 Minestrone Soup Fresh Orange M&M Cookie	Roast Chicken 26 Cornbread Stuffing Fresh Garden Salad Rice Pudding	Pub Burger OR Tuna Salad Sandwich 27 Garbanzo Bean Salad Cottage Cheese w/Chives Berry Crumb Bar	Roast Beef w/Gravy 28 Mashed Potatoes Green Beans Peach Cobbler	Beer Battered Fish OR Italian Chicken Filet 29 Baby Red Potatoes Peas & Carrots Pineapple & Mandarin Oranges	

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

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

St. Patrick's Day Luncheon and Celebrations!

Friday, March 15th at participating Broome County Senior Centers

Wear your green and join us for this special lunch of corned beef or fish Florentine and key lime pie for dessert. A variety of St. Patrick's Day inspired activities will be happening at the centers, including:

- The Johnston School of Irish Dancers will be performing at these centers: Broome West, 10:45 am; Johnson City, 11:45 am; Vestal, 12:15 pm; First Ward, 1 pm
- Carle School of Irish Dance Performance, Eastern Broome, 12:15 pm
- Games w/Prizes at Northern Broome, 11:30 am
- Music by Marian Tewksbury, North Shore Towers, 10:45 am

Lunch reservations needed. Call a participating center to make your reservation.

There is a suggested contribution of \$4.25 for those age 60+ and spouse of any age and a charge of \$5.25 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.

Senior News Editorial Policy

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