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## Enjoy America's Land

This edition of the Senior News promotes spending time outdoors, events in our community, and overall wellbeing. Please use this information to take advantage of our beautiful land that America has to offer us!

### The Wellness Benefits of the Great Outdoors

With Summer here and cabin fever at an all-time high, we can now look forward to the many wellness benefits associated with getting outdoors.

"The physiological response to being outside in nature is real, and it's measurable," said Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station. "There are many physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in the body, mind and community."

#### 1. Physical Wellness

Being outside in green spaces supports an active and healthy lifestyle, which has shown to increase life expectancy, improve sleep quality and reduce cancer risk.

"Many of the benefits afforded to us by green spaces partially result from more opportunities to be active," said Kondo. "Being in outdoor green spaces can increase a person's motivation, too."

Studies also show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease.

Continued on Page 4



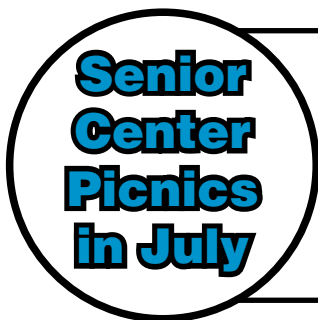
### Senior to Senior Dinner Dance 2023

A Joyful Evening of Intergenerational Connections On Friday, May 19th Johnson City Senior Center was decked out in spring flowers and pastel balloons as Broome County older adults and current and former Johnson City High School students enjoyed dinner, music from across the decades, dancing, and activities. The students served a delicious meal of pasta, meatballs, and salad followed by cookies for dessert.

There were conversation starter cards on the tables, raffle prizes awarded throughout the evening, a "trivia across the decades" activity, and dancing to a variety of familiar hits such as YMCA and the Electric Slide. The students

shared their education and career plans and took photos in front of a custom spring photo backdrop.

This event was made possible by Johnson City Senior Center, JC Connects Community Schools, Johnson City School District, Binghamton University Community Schools, Sarah Jane Johnson Memorial Methodist Church, and Broome County Office for Aging.



#### VESTAL

**Date:** Wednesday, July 12th

**Time:** 9:00 – 2:00 PM

**Where:** 201 Main St.

Old Vestal Junior High School, Vestal

**Phone # for Reservations:** 607-754-9596

#### CHENANGO BRIDGE

**Date:** Friday, July 21st

**Time:** 10:00 – 2:00 PM

**Where:** 740 River Rd., Binghamton

Located inside of the First United Methodist Church of Chenango Bridge

**Phone # for Reservations:** 607-663-0406

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

### Like Us! Follow Us!

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

Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)

# HEALTH AND WELLNESS

## ACTIVITY SCHEDULE

### Chair Yoga

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

Monday 11:00 am 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. \$3 charge for this class.

Monday 9:30 am East. Broome Sr. Center (Harpursville) – no fee

Monday 9:30 am Johnson City Senior Center

Friday 10:00 am Johnson City Senior Center

### Bonesaver Class

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

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

Mon & Wed 1:00 pm Johnson City Senior Center

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

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

### 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)

### Zumba

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Tuesday 10:30 am Johnson City Senior Center (\$3)

Mon & Fri 9:30 am First Ward Senior Center (Binghamton) (\$3)

### Low-Impact Aerobics

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

Thursday 10:00 am Johnson City Senior Center

### Tai Chi

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

Thursday 1:00 pm Johnson City Senior Center

Friday 9:30 am Eastern Broome Senior Center (Harpursville)

### Chair Exercise

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

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

Tues & Fri 12:30 pm Johnson City Senior Center

### Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Monday 1:30 pm Northern Broome (Whitney Point)

### Virtual Zoom Classes

#### ZOOM Chair Exercises

Mon., Wed. & Thurs 9:00 - 9:45 am

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

#### ZOOM Chair Drum Exercises

Tuesday 9:00 - 9:45 am

#### ZOOM Chair Yoga

Friday 9:00 - 9:45 am

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

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

## 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 voucher 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:

\$2,096/month (for a one-person household); Or

\$2,823/month (for a two-person household); Or

\$3,551/month (for a three-person household).

*Please bring your Office for Aging ID Card. Proof of income is not required. All eligible individuals may receive one booklet per year.*

#### Distribution Dates & Locations:

**7/06 Deposit Senior Center, 11 am – 12:30 pm**

Christ Episcopal Church, 14 Monument Street, Deposit

**7/10 Broome West Senior Center, 9 – 10:30 am**

2801 Wayne Street, Endwell

**7/12 Vestal Senior Center, 9 – 10 am**

201 Main Street, Vestal

**7/18 Johnson City Senior Center, 9:30 - 11 am**

30 Brocton St., Johnson City

**7/19 North Shore Towers, 10:30 – 11:30 am**

24 Isbell Street, Binghamton

**7/20 Eastern Broome Senior Center, 1 – 2 pm**

27 Golden Lane, Harpursville

**7/21 Chenango Bridge Senior Center, 10:30 am - Noon**

First United Methodist Church, 740 River Rd, Binghamton

**7/26 First Ward Senior Center, 9 – 10:30 am**

226 Clinton Street, Binghamton

**7/27 Northern Broome Senior Center, 10 - 11 am**

12 Strongs Pl., Whitney Point

### Walk with Ease

#### Meeting at: Dorchester Park

5469 State Rte. 26 Whitney Point NY 13862

July 10, 2023- August 18, 2023

Monday, Wednesday & Fridays 9:00am to 10:00am

Office for Aging is partnering with Rural Health Network to co-teach Walk with Ease this Summer! You will learn fitness tips, meet new people, and step your way to a lasting walking route during this 6-week walking program.

Walk with Ease is an evidenced-based program with several proven benefits such as decreased pain, improved balance, and increased strength. As you develop a walking routine you may also control weight, reduce stress, boost your energy and much more!

**Advanced registration is required as space is limited. To obtain more information and sign up, please call (607)-778-2411. Remember to consult a healthcare professional before beginning this or any new exercise program.**



## Caregiver Corner

*Ideas and information for people caring for others.*

### **The Stay Healthy Caregiver Chat:**

**Date:** Monday, July 10, 2023 **Time:** 1:00 - 2:30 PM

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

**The Wayne Street Caregiver Chat:** Participants can join in person or on Zoom.

**The Broome West Senior Center, 2801 Wayne St. Endwell, NY 13760**

**Date:** Wednesday, July 19, 2023 **Time:** 9:30 - 11:00 AM

**Zoom address:** <http://broome.zoom.us/j/5216124570?pwd=dWdrWW1PM25aMUJFYUtCWnowbGlydz09>

**ID:** 521 612 4570 **Password:** 037464

Join by [SIP5216124570@zoomcrc.com](mailto:SIP5216124570@zoomcrc.com)

For questions on the Wayne Street Caregiver Chat, call **607-778-2946** or email [Machelle.Spinelli@broomecountyny.gov](mailto:Machelle.Spinelli@broomecountyny.gov)

### **Evening Caregiver Chat Group:**

Participants can attend via Zoom (same website link as above)

Join us at **6:30 PM** via Zoom on the following dates: June 26, 2023

To register please call Shellie Spinelli at **607-778-2946**

or email [Machelle.Spinelli@broomecountyny.gov](mailto:Machelle.Spinelli@broomecountyny.gov)

### **Veteran's Benefits- What you need to know as a Caregiver**

Presented by: Len Sas, Veterans Benefits Advisor- NYS Division of Veterans Services

**Date:** Thursday July 13, 2023 **Time:** 1:00 – 2:30 PM

**Location:** Johnson City Senior Center (30 Brocton St. Johnson City, NY 13790)

As a veteran or a person caring for a veteran, there may be benefits and services that you or the person you are caring for may be eligible to receive. Attend this presentation to learn more about the possible opportunities available to you. **Pre-registration is required.**

**Call Caregiver Services at (607) 778-2411 to register.**

### **SUMMER CAMP FOR SENIORS**

Join us at Yesteryears for some summer fun! Our Summer Camp for Seniors will provide your memory impaired or isolated loved one with a wonderful social experience. Enjoy crafts, table games, exercise, and music in a safe and structured setting. Our climate-controlled environment helps beat the heat. Our welcoming staff will warm the heart. Participants experience improved quality of life and mood through social activities. Caregivers have the opportunity to take advantage of their own summer activities.

**Schedule your meet-and-greet appointment today:**

Call **(607) 785-0494** for 2801 Wayne St, Endwell

Call **(607) 778-2947** for 24 Isbell St, Binghamton



# CHRISTMAS IN JULY

Broome West Senior Center • July 24<sup>th</sup> & 25<sup>th</sup>

**JULY 24<sup>TH</sup> EVENTS:**

- Cookie Decorating at 10:00am
- Music by Jukebox Mike at 11:00am, with special guest appearance

**JULY 25<sup>TH</sup> EVENTS:**

- Ugly Christmas Sweater Contest at 9:30am
- Silent Raffle to support the Site Council

**PLEASE CALL BY NOON FRIDAY (7/21) TO MAKE PIZZA DAY RESERVATION**

The Raffle is a fundraiser in support of our Site Council. There will be many items and baskets to choose from. Tickets will be sold through July 24th. Put your tickets in the cup of the item that you'd like to try your luck at! You don't have to be present to win! The drawing will be held on July 25th. Good Luck!

## Events at the Centers



### **Chenango Bridge Senior Center**

Located in the First United Methodist Church of Chenango Bridge, 740 River Road

Wednesday, July 5th at 1PM

Coffee Chat! Sit back, relax with a cup of coffee and chat with friends. Stay updated with our programs and upcoming events!

### **Eastern Broome**

Thursday, July 27th

Evening Meal w/Live entertainment by Harmony Lane  
Doors open at 4 PM, Dinner 4:30 PM, Entertainment 5:15 PM  
Enjoy punch and goodies before dinner. Come and enjoy a special evening meal with your friends. Stay to enjoy the awesome duo of Harmony Lane, great musicians and vocalist playing all your favorite tunes. Door Prizes to follow!

### **First Ward**

First Wards Picnic in the Park is Back!

Join us at Otsiningo on

Wednesday, July 12th from 10 - 2PM

Coffee and Donuts for sale until sold out.

Bingo from 10:30 - 11:30AM (a nickel a board per game)

Lunch Served at 12PM

Entertainment by Mike's Jukebox from 12:15 - 1:15PM

Advanced tickets required, last day to purchase will be Friday, July 7th

Meal includes: Lemon Garlic Chicken, baked beans, pan roasted potatoes, salad, dinner role, drink, and dessert.

Catered by Clines Catering

Call or stop by for reservations **607-797-2307**.

### **Johnson City**

**COFFEE, COCOA, CHAI & FRAPPE FUNDRAISER:**  
The Johnson City Senior Center and Binghamton's own Java Joe's are teaming up to offer flavored and non-flavored coffees, cocoa, chai, and frappes. **Order by Friday, July 21** at the Center or on our website ([johnsoncityseniorcenter.org](http://johnsoncityseniorcenter.org)). Thank you for your support!

### **Northern Broome**

Wednesday, July 19th

Party on the Patio with musical entertainment by Gregg Neff  
Lunch 11:30 AM, Entertainment 12:15 PM

We will be making Hotdogs, or Hamburgers, Macaroni Salad, and Baked Beans for lunch.

### **North Shore Towers**

Tuesday, July 27th

Join us for Pizza Day! Served at 12 PM

Please sign up by July 24th by calling 607-772-6214.

### **Vestal**

Tuesday, July 11th at 9:30 AM

Join us for our craft day!

We will be creating Pinecone Flowers.

No cost to you. No reservations needed.



## The Wellness Benefits of the Great Outdoors *Continued from Page 1*

### 2. Mental Wellness

There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

"This togetherness is especially important for us now," said Kondo. "We are finding that isolation is a killer, and that the outdoors really provides that space for us to come together under trees or to walk together along trails."

### 3. Wellness in the Community

Access to nature can benefit entire communities such as reducing environmental stressors commonly found in cities: air pollution, noise, and heat.

Nature in densely populated areas has also been shown to affect how people interact with one another. "We've found in neighborhoods that receive tree plantings or other greening initiatives, that people tend to have better attitudes towards their neighbors," said Kondo, "which in turn often results in better relationships."

**"Wellness is wholistic in that it is comprised of physical and mental health as well as the health of our communities," said Kondo. "All of these benefits add up and reduce adverse impacts on our bodies and have restorative characteristics. So, get outdoors and enjoy nature's gift of wellness."**

Adapted from: <https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>



Helping Mature Drivers Find Their Safest Fit



**CarFit is a national program** developed by AAA, AARP and the American Occupational Therapy Association and designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together using a 12-point checklist.

As we age, changes in our vision, flexibility, strength, range of motion and even size and height, may make us less comfortable and reduce our control behind the wheel. A CarFit Technician will ensure that all the features in your vehicle are correctly adjusted to you and your body, allowing you to receive the safety benefits from those features in the event of a crash. They will review things like proper seat belt use, steering wheel position, properly adjusted mirrors and much, much more!

Come join us and meet one-on-one with a trained CarFit Technician to ensure the safest "fit" for you and your vehicle. It's quick, it's easy and it's FREE.

Where: Vestal Senior Center  
201 Main Street, Vestal

When: Wednesday, July 12th  
10AM-12PM

Contact: Christine Marion, Broome County Health Department  
**607-778-2807**  
[Christine.Marion@broomecountyny.gov](mailto:Christine.Marion@broomecountyny.gov)

### Grace's Place

**Attention Caregivers:  
Free Senior Respite is Provided  
by Grace Lutheran Church**

**Date:** The 2nd Saturday of Every Month **Time:** 1-4 pm  
**Location:** Grace Lutheran Church, 709 Main Street, Vestal  
**Contact:** (607) 748-0840 or email [gracevestal709@gmail.com](mailto:gracevestal709@gmail.com)  
**Requirements: Guests should be able to eat and toilet independently.**  
**To Register:** Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

## Scam of the Month

### Investment Scams

Fast money always sounds great, but scammers are notorious for promising to make you lots of money quickly! These scams often involve offering a "free" seminar to learn about their investment opportunities, but once you attend you learn that there are fees associated with the investment coaching. These seminars and conversations exaggerate the money you can make with their investment systems and often lie about previous investors success. Before you decide to invest in anything, research the offer, talk to someone you trust about the opportunity, and consider the risk of your investment.

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**.

## Simple Steps in Supporting Older Friends and Loved Ones at End of Life

By: Sue Van Zante-Peiser  
(National Resource Center on LGBT Aging)

Being present with our friends and loved ones during the end of life is often an emotional yet rewarding journey. Offering support is the first step, but knowing what and how to offer this support can be overwhelming. The author of this tip sheet accompanied a dear friend during his end-of-life and offers these simple steps to consider:

- Hear their fears and concerns
- Remind them of what a difference they have made for you
- Validate their life stories
- Ask if there are any partners, family, friends, and caregivers with whom they would like to connect or reconnect. You can be a bridge to help with these connections.
- Tell them specific reasons why you love them and how important they have been to your life.
- Share a meal or their favorite snack.
- Suggest reducing background noise when you go to visit. Loud TV and music can be distracting. Ask if there is a private place where you can visit.
- Don't feel pressured to fill the silence. Hold their hand and simply be.
- Offer to look through photos together. Encourage stories. Record them if they give you permission. You are likely to yearn to hear their voice again after they are gone. (Do not share the recordings with others unless given permission from your friend or loved one.)
- Laugh with them. This does not negate that they are dying. It furthers your connection with them.
- Allow them as much time as they need to get out their thoughts.
- Try to stay as present and focused as possible.

Adapted From: [https://www.lgbtagingcenter.org/resources/pdfs/Simple%20Tips%20at%20End%20of%20Life\\_Final.pdf](https://www.lgbtagingcenter.org/resources/pdfs/Simple%20Tips%20at%20End%20of%20Life_Final.pdf)

**Mark Your Calendar! Upcoming Community Events**

**Endwell League of Community Action Concerts in the Park**

Shelter 1, Highland Park, 801 Hooper Road, Endicott  
Tuesdays, June 20-August 29 from 7-8pm

Bring your lawn chair or blanket for these free summer concerts.  
<https://www.townofunion.com/document-center/parks-recreation/2691-2023-summer-flyer/file.html>

**July 4th Extravaganza**

Highland Park, 801 Hooper Road, Endicott  
Tuesday, July 4th

Chicken barbeque from 12pm-4pm or sold out; R/C racing from 2-7pm; food vendors, arts & crafts, and entertainment beginning at 2pm; inflatables for the kids from 4:30-8:30pm; fireworks at 9:30pm.

607-786-2973  
<https://www.townofunion.com/document-center/parks-recreation/2691-2023-summer-flyer/file.html>

**Summer Foraging**

IBM Glen, Johnson City, NY  
Thursday, July 6th from 6:30-7:30pm

Hosted by Cornell Cooperative Extension of Broome County, learn how to identify and sustainably forage for summer plants and mushrooms including a variety of native berries, chanterelles, black trumpets, lion's mane, chicken & hen of the woods, and more. The program is free of charge for community members of all ages. Any youth under age 18 must be accompanied by an adult.

Contact is Cam Winzinger, 607-584-5001.  
Register on the website:  
[https://pub.cce.cornell.edu/event\\_registration/main/events\\_landing.cfm?event=SummerForaging\\_203](https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=SummerForaging_203)

**Classic & Custom Cars & Bikes**

Otsiningo Park, 1 Otsiningo Park, Binghamton  
Saturday, July 8th, 10am-3pm

The biggest car and motorcycle show in the Southern Tier. Hundreds of cars and motorcycles, plus live music, food, and vendors. Proceeds to benefit the Combat Veterans Motorcycle Association, whose sole mission is to help local veterans in need.

<https://www.coolsthits.com/whats-going-on/cars-and-bikes-at-otsiningo-park/>

**5th Annual Harper M. Stantz Rec Park Music Fest**

Recreation Park, Beethoven Street and Seminary Avenue, Binghamton  
Sunday, July 9th from 1-9pm

Since its inception in 1996, this no-cost annual event showcases local and regional musical talent. This family-friendly day also includes a children's activity tent, food/ice cream for sale, face painting, and more.

**Annual Deposit Lumberjack Festival**

22 Borden Street, Deposit  
July 14-16

This three-day event includes lumberjack competitions, a craft & vendor fair, food vendors, zip lines, rock walls, bull riding, obstacle courses, a parade, live music on Friday and Saturday nights, a karaoke context (7/15 noon-4pm), a car & truck show (7/15), and more. Free admission. Check the event Facebook page for more information.

Questions: 607-222-9412.  
<https://m.facebook.com/DLF42>

**Much Ado in the Garden Festival**

Cutler Botanic Garden, 840 Upper Front Street, Binghamton  
Sunday, July 17th, 11 am – 3 pm

Enjoy the music, arts, and theater of the Renaissance Era. Free admission.

Visit [www.ccebroomecounty.com/events](http://www.ccebroomecounty.com/events) for details.

**Rotary Carousel and Band Organ Rally**

Highland Park, 801 Hooper Road, Endicott  
Saturday and Sunday, July 22-23

The Rotary Clubs of Broome County present the first regional Carousel and Band Organ Rally in conjunction with the Carousel Organ Association of America. The event will feature the historic Carousel Circuit with transportation provided to all six carousel sites located in Broome County. Maps will be provided to those who plan to drive to the sites. Food and entertainment will be available at each location.

607-786-2970  
<https://coaawebsites.wixsite.com/rotary>

**The 148th Broome County Fair**

Broome County Fairgrounds, 2923 Rt. 11, Whitney Point  
July 25-30

County agricultural fair with midway rides & games, food exhibits, grandstand shows, animals, and free entertainment. Admission cost varies. See the website for event details and schedule.

607-692-4149.  
<https://www.broomecountyfairny.com/>



**Downsize & Declutter Discussion  
Tuesday, July 11th at 3:00 pm**

**Get rid of these now!**

Our children do NOT want these: antique furniture, coin collections, silver, China, dolls, and rugs. Get rid of them; have no regrets. They may come back in vogue eventually, but it's wiser to unload now- if you dare. Of course, you do! Discuss this and more on Tuesday, July 11 at 3 pm, **Zoom only this month.**

**To attend the Zoom, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net).**

**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.

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

**Laugh Break!**

**What did Polly the parrot want for the 4th of July?  
*A fire-cracker.***





## White Elephant Gift Swap

**THURSDAY, JULY 20TH AT 12:15 PM**

**First Ward Senior Center: 226 Clinton St., Binghamton**

The First Ward Senior Center is hosting its first ever White Elephant Auction and we are in need of auction items. If you would like to help, please drop off items to the office at 226 Clinton St. by July 13th. Then be sure to join us for lunch and try your luck to bid on auction items.

### 4th of July Luncheon

Monday, July 3rd at participating Senior Centers  
Serving around noon

Celebrate Independence Day early at your local senior center. Enjoy a festive picnic lunch and a variety of activities including:

- Broome West: All American Bingo and music by Johnny Only
- Eastern Broome: trivia and music by pianist Adrian Skarvinko
- First Ward: musical entertainment by Rick Pedro at Noon

Remember to reserve lunch at the senior center of your choice. Phone numbers are listed on the Look What's Happening at the Center's section of this Senior News. Lunch reservation deadline is June 30th at noon.

### Let's Combat Social Isolation with Happy to Chat Benches

Otsiningo Park will have a few benches with "Happy to Chat Bench" signs again this summer. We hope you will stop by and sit on one of these benches if you are open to a friendly talk. Likewise, if you see someone sitting on one, consider joining them for a chat. Go ahead and brighten someone's day!

Feedback or suggestions? Email [OFA@broomecountyny.gov](mailto:OFA@broomecountyny.gov) or call **607-778-2411**.

*Brought to you by the Broome Age-Friendly Project and Broome County Parks & Recreation*



## Trips

### Eastern Broome Senior Center

Contact Arlene Noyes: 607-759-6306

July 12, 2023 - Garth Brooks Tribute Concert  
Schenectady, NY

August 18, 2023 - Beautiful: A Carole King Musical  
Merry Go Round Theater, Auburn, NY

September 19, 2023 - Lake George Lunch Cruise

### First Ward Travelers

Contact Liz W.: 607-222-8440

August 9, 2023 - Lake George Luncheon Cruise with Entertainment and time to shop. \$120

September 18 – 21, 2023 - New Port, Rhode Island

### North Fenton Seniors

Contact Ruth: 607-648-8425

August 11, 2023 - Shawnee Playhouse "Joseph"

September 16-23, 2023 - Eight Day Alaskan Cruise

### Port Crane Seniors

Contact Donna: 607-648-6071

September 16-23, 2023 - Eight Day Alaskan Cruise

### Johnson City Senior Center

Contact Lucy 607-427-6143

Wednesday, August 9, 2023 (Sign up by 7/5)

Jamestown, NY & Lucille Ball Museum

Wednesday, August 23, 2023 (Sign up by 7/12)

Seneca Lake Luncheon Cruise: "An Afternoon in Margaritaville"

Wednesday, September 6, 2023 (last day to sign up is 8/9)

Ithaca Wine Tasting & More

Tuesday, October 3, 2023 (last day to sign up is 8/14)

Penn's Peak – Tribute to Rod Stewart

### Vestal Senior Center

Contact Nancy Deckner 607-235-3842

July 18-20, 2023 - Finger Lakes - 3 days/2 nights

## Cornell Cooperative Extension Broome County

### Healthy For Life

**Tuesdays at 2:30 – 3:45PM**

Auditorium at Cornell Cooperative Extension of Broome County 840 Upper Front Street, Binghamton

FREE classes geared to improve and maintain good health!

Contact **607-772-8953** or [BroomeNutrition@cornell.edu](mailto:BroomeNutrition@cornell.edu) to learn more or register.

**July 4th: \*\*No class \*\* Happy Independence Day!**

**July 11th: healthy eating in hot weather**

**July 18th: Sugar swaps for healthier desserts**

**July 25th: Eat a rainbow of colorful seasonal fruits and vegetables.**

Prepare a recipe together at each class!

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. This program is funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). Please contact the CCE Broome County office if you have any special needs.

## LGBTQ+ MEETING:

The next LGBTQ+ meeting will be July 19th 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790





# BLOOMING HEALTH

**Broome County Office for Aging (OFA)** is excited to announce a new partnership with an agetech company called **Blooming Health**. Blooming Health's mission is to power healthy aging in place for all by operating a digital platform that can send out personalized messages via phone, emails or text. Through this partnership, older adults will be able to receive messages from OFA pertaining to the services they utilize or services they chose to be informed on. Services included in the platform are senior centers, Meals on Wheels and social adult daycare. Additionally, Broome County Office for Aging will be able to promote upcoming events and other programs and therefore improve older adults' access to information.

If you want to stay up to date on upcoming events at your senior center or other OFA programs please contact **(607)778-2411** to sign up today. You can also speak to an OFA staff person and ask for a Blooming Health enrollment form to stay up to date about the senior center or program you are involved in. If you are new to OFA and are interested in getting notifications about upcoming events and Health & Wellness options call **(607)778-2411** to enroll. Notifications can be received via voice call, text message, email or a combination of all three.

*"Wrinkles should merely indicate where smiles have been."*

-Mark Twain



## Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit. For the winter walks, we will stay on paved, plowed surfaces.



**Twenty BC OFA nature walkers enjoying a guided wildflower tour in the beautiful BC Nathaniel Cole Park**

- **July 13th Chugnut Trail Endicott**  
Meet at 10AM in the riverside parking lot off the end of Roosevelt Avenue in Endicott.
- **July 27th Brick Pond in Owego**  
Meet at 10AM in pond side parking lot on East Front Street in Owego.
- **August 10th Binghamton University Nature Preserve in Vestal**  
Meet at 10AM at the south end of Lehigh Avenue in Vestal.
- **August 24th Floral Park in Johnson City**  
Meet at 10AM on the corner of Floral Avenue and Burbank Avenue in Johnson City.
- **September 14th Apalachin Marsh in Apalachin**  
Meet at 10AM at the parking area on Rt 434 in Apalachin about 1/2-mile past Hilton Road.
- **September 28th Chenango Valley State Park Lily Lake**  
Meet at 10AM at Tween Lake Pavilion (follow direction signs at park entrance).

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

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## Banana Split Oatmeal

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.



### Ingredients

- 1/3 cup oatmeal (dry, quick cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

### Directions

1. In a microwave safe cereal bowl, mix the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-split-oatmeal>

## Basic Quiche

You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!



### Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

### Directions

1. Preheat the oven to 375 °F.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

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

## Summer Squash Boat

Try this tasty recipe when summer squash is abundant in your garden or at the market.



### Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed.
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

### Directions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender

3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stuffed-summer-squash>

## Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.



### Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

### Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa, and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>

## Did You Know...?

America had about 2.5 million residents in 1776.

America's population has grown exponentially since the Declaration of Independence was signed. Today, more than 328.2 million people reside in the United States.



The White House's first Fourth of July party was in 1801.

Thomas Jefferson hosted the party, which is now an annual celebration with a concert and fireworks display at the National Mall.





### Getthere Call Center

In 2011, people began utilizing the Getthere Call Center for transportation information, travel training, and Connection to Care financial assistance for certain health-related trips. Almost twelve years later, Getthere, the mobility program of Rural Health Network of South-Central New York, is still going strong and working hard to provide Broome County seniors with access to the essential goods and services they need. Last year, Getthere recorded 2,700 call center cases in Broome County alone, most of them on behalf of individuals ages 60 and over. With its success, Getthere continues to expand its programming, looking for new ways to help people get where they need to go.

Recently, by partnering with Rural Health Network's own AmeriCorps program, and with additional support from the United Way of Broome County and the Broome County Office for Aging, Getthere began providing transportation with its own 12-passenger van. In doing so, it has helped eligible individuals get to work, appointments, grocery stores, and other important locations from around the county. The van will be especially useful in communities like West Windsor and Deposit, where transportation options are often limited." Getthere remains committed to helping people access the services they need to live healthy and productive lives.

Since it began over a decade ago, Getthere has helped thousands of people improve their ability to get where they need. As it continues to expand its services, Getthere staff looks forward to helping thousands more. Broome County older adults who need assistance with transportation should call Getthere at **855-373-4040 between 7 AM and 5:30 PM, Monday through Friday.** The call center is staffed by Mobility and Transportation Advocates who go over each person's unique situation, review all available options and programs, including eligibility if needed, and figure out which option will work best.



### New York State Golden Park Program

If you are a New York State resident 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most\* state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses.

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card\*\* at the park entrance. **No application is required as your NY State Driver's License/ Non-Driver ID Card serves as your pass.** For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid, contact: New York State Parks, Albany, New York 12238 518-474-0456

Website: <https://parks.ny.gov/parks/>

\*Free vehicle access not valid at Walkway Over the Hudson, Earl W. Brydges Artpark, Lake Superior State Park, Fahnestock Winter Park, Mark Twain State Park, Soaring Eagles Golf Course & Ganondagan State Historic Site.

#### Plan a Daytrip

Need a little more information on parks in our region so that you can plan your next daytrip? Use this list of state parks in central New York, and note the addresses and a descriptions of what makes each location unique:

#### Battle Island State Park

2150 State Route 48, Fulton, NY 13069

This popular 18-hole course lies adjacent to the Oswego River and offers golfers magnificent views from a number of its challenging fairways and greens.

#### Betty and Wilbur Davis State Park

133 Davis Road, Schenevus, NY 12155

This scenic park is blanketed by a forest of hardwoods intermixed with smaller areas of conifer plantation. The hilltop location provides expansive views to the south and west.

Continued on Page 12



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Doctor of  
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# Look What's Happening at the Centers!

## **BROOME WEST ..... (607) 785-1777**

2801 Wayne St., Endwell, NY 13760

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

**Lunch served at 11:45 am**

### **Weekly Activities**

**Monday – Friday:** Gift Shop, 10 am – 2:30 pm

**Monday:** Bonebuilders, 9:30 am; Hand and Foot Card Game, 12:30 pm

**Tuesday:** Quilting, 9:30 AM; Bonebuilders, 9:30 AM;

Hand and Foot Card Game, 12:30-2:45 PM

**Wednesday:** Bonebuilders, 10 AM; Canasta, 1-2:45 PM;

Floor Shuffleboard, 1-2:30 PM

**Thursday:** Wii Bowling, 9:30 AM; Chair Exercises, 10:30 AM;

Chair Yoga, 1-2:00 PM

**Friday:** Mahjong, 12:30 PM; Ping Pong, 1 PM

### **Special Activities**

7/3 Independence Day Luncheon, 12:00PM;  
All American Bingo 9:30AM; Music by Johnny Only at 11:00AM

7/6 Canvas with Karlie technique class, 9:30 – 11AM

7/7 All American Horse Races, 1:30PM

7/10 AARP Defensive Driving Class, 9:00-12:00PM Reservations required

Music by Greg Neff 11:00AM, Blood Pressure checks 11:00AM

Philly Cheesesteak Day, 11:30AM

7/11 Downsize and Declutter ZOOM CALL ONLY See article on page 5.

7/12 Better Business Bureau presents Scammers:

How to Protect Yourself, 11:00AM

7/13,20 Canvas with Karlie July Project 9:30AM, Reservation Required

7/17 Breakfast for Lunch featuring a made to order Omelet Bar! 10:30AM

Nutrition Education with Kathleen Cook: Eating a variety of colorful fruits and vegetables 12:00PM

7/18 Evening Meal 4:30PM, Entertainment by Ragtime Rick Pedro 5:30PM

7/19 Caregiver Chat, 9:00AM

7/20 GFJ Library Tech Class, How to Navigate “My Chart” 11:00AM,  
1 on 1 Tech Support to follow.

7/21 Decorating Ugly Christmas Tee shirts, drop-in fun 9:30-11AM;  
Please bring your own tee shirt to decorate.

7/24 Christmas in July – cookie decorating 10AM, Entertainment  
by Jukebox Mike with a special guest appearance at 11AM

7/24 Pizza Day – Please make reservations by 12PM on 7/21.

7/25 Christmas in July part 2, Ugly Christmas tee shirts judged at  
10:00AM; Silent Raffle begins at 10:30AM

Therapy Dogs 12:30PM

7/26 Roberson Train exhibit and history of Downtown Binghamton,  
10:30AM

## **NORTH SHORE ..... (607) 772-6214**

24 Isbell St., Binghamton, NY 13901

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

**Lunch served at Noon**

### **Weekly Activities**

**Monday:** Bingo or Shuffleboard, 10-11:30 am

**Tuesday:** Wii Bowling, 10-11:30 am

**Wednesday:** Crafts & Gardening, 10-11:30 am

**Thursday:** Wii Bowling, 10-11:30 am

**Friday:** GREED – Dice Game, 10-11:30 am

### **Special Activities**

7/3 Independence Day Luncheon, 12:00 PM

7/7 Chocolate Day!

Wii Bowling Tournament Starts, 10 AM

7/11 Resident's Association Meeting, 10 AM

7/13 Music by Dan & Lea, 10:30-11:45 AM

7/14,21,28

Wii Bowling Tournament, 10:15 AM

7/19 Nutrition w/Kathleen from CCE: Eat the Rainbow, colorful and  
seasonal fruits, and veggies, 10:30 AM

7/27 Pizza Day, please sign up by July 24th 12 PM

7/31 National Watermelon Day 10:30 AM

## **CHENANGO BRIDGE ..... (607) 663-0406**

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

**Center Hours:** Wednesdays and Fridays, 10 am - 2 pm

**Lunch is served around Noon 607-663-0406**

### **Weekly Activities:**

**Wednesday:** Mahjongg 10:00 am; Chair Dance 11:00 am-12:00 pm

**Fridays:** Mahjongg 10:00 am; Chair Dance, 11:00 am

### **Special Activities**

Wednesday and Friday - Sit Down Chair Dancing: Join us for some low impact sit down dancing, great for arthritis, and sore joints. Enjoy listening to music when exercising. YOU DO NOT NEED EXPERIENCE! 11AM

7/5 Coffee Chat 1PM

7/12, \*New Game\* Marbles: Played on a board with cards and  
19,26 of course Marbles. If you like games with strategies, if you are competitive, or just like to learn a new and fun game, join us to learn and have FUN! Each board can play up to 6 players. Please call the center to reserve a spot.

7/12 Coffee Chat 1PM

7/14 Nutrition Education w/Kathleen Cook, CCE: This months topic is Eating a variety of colorful fruits and vegetables 12 PM

7/21 Chenango Bridge Clovers Senior Picnic with Entertainment by Friday at Fred's: All are invited to attend our very first senior picnic! Join in the FUN with delicious food, music, and great company! Please call the center to reserve your lunch, 10 AM – 2 PM

## **JOHNSON CITY ..... (607) 797-3145**

30 Brocton St., Johnson City, NY 13790

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

**Lunch served at 11:45 call 607-797-1149**

### **Weekly Activities**

**Monday:** Bingo Board Sales, 12:30-1:30PM: PM Games Played  
1:30-4:30PM; Guitar Group, 9am – 12 pm (\$2);

Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga,

9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3);

Knitting and Crocheting, 11:30 am – 1:30 pm(no fee);

Bonesavers, 1 pm – 2 pm

**Tuesday:** TOPS, 9 -11 am; Zumba, 10:30-11:30 am (\$3);

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

Table Shuffleboard, 12:30 – 3:00 pm (\$1); Drawing Class, 1-2 pm (\$3)

**Wednesday:** Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm;

Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle, 12:30-3 pm;

Mahjong and Beginners Mahjong, 1 pm; Bonesavers, 1-2 pm

**Thursday:** Guitar Group, 9 am-12 pm (\$2); Oil Painting, 10 am-1 pm

(\$3); Low-Impact Aerobics, 10-11 am (\$3);

Spiritual Seminar w/Rev. Hilda, 10-11 am;

Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm (\$3)

**Friday:** Gentle Yoga, 10-11 am (\$3);

Ladies' Singing Group, 10:30-11:30 am;

Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

### **Special Activities**

7/3 Independence Day Luncheon

JCSC Open – NO BINGO

Stay Healthy Caregiver Support Group 1 – 2:30PM

7/5 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

7/7 Poetry Group 12:30PM

7/10,17,24,31

Bingo, Board Sales 12:30 – 1:30PM Games Played 1:30 – 4:30PM

7/14 Poetry Group 12:30PM

7/18 The History of Johnson City –

from Lestershire to Present 10:30 – 11:30AM

7/19 LGBTQ+ Social Group 3 – 4 PM

7/20 Legal Aid 9 – 12 PM. Call for appointment.

7/22 CFJ Carousel Day, CFJ Park in Johnson City 11AM – 4PM

7/26 Haircuts (\$20, by appointment) 10-11:30AM

Eat a Rainbow: Colorful, Seasonal Vegetables & Fruits

(Cornell Cooperative Extension) 11:30 – 12:30PM

7/28 Poetry Group 12:30 PM



**EASTERN BROOME ..... (607) 693-2069**

27 Golden Lane, Harpursville, NY 13787

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

**Lunch served at Noon**

**Breakfast Made-To-Order:** Tues, 8 - 9:30 am

**Weekly Activities**

**Monday:** Yoga, 9:30 am; Shuffleboard (call ahead), 9 am

**Tuesday:** Breakfast, 8-9:30 am; Music Jam, 10 am;

DMV Mobile (By Appt.), 9 am – 1 pm

**Wednesday:** Crafters' Group, 9-11 am; Wood Burning, 9-11 am;

Music Jam, 10 am; Billiards, 10 – 11:30 am

**Thursday:** Bingo for Prizes, 10-11:30 am; Painting Group, 9-11 am

**Friday:** Shuffleboard ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am

**Special Activities**

7/3 Fourth Of July Party 9 AM – 2 PM

Snacks 10 AM, Trivia 11 AM, Lunch 12 PM,

Pianist Adrian Skarvinko following Lunch

7/7 Burger Bar 11:30 AM – 12:30 PM

Burger Bar is always the first Friday of each month. Walk ins

are welcome! Enjoy a burger topped with all your favorite

fixings, sides, soup, tuna salad, dessert, and beverage.

7/12 Officers and Finance Meeting 9:15 AM

7/12 Site Council Meeting 10:45 AM

All members of Eastern Broome are welcome to attend!

Listen in on upcoming events and further plans.

7/13 Evening Meal w/ Live Music By Harmony Lane 4 PM

7/19 Eastern Broome Book Club 10 AM

The "Page Turners" get together to share scripts of each other's favorite reads. There are a variety of books to choose from in our library if you like.

7/20 Golden Griddle BRUNCH 11:45 AM - 12:45 PM

Brunch made to order right on site. Choose From a nice variety of Breakfast or Lunch items. Walk-ins are Welcome!

7/26 Legal Aid: Make an Appointment w/ a Lawyer 9 AM – 12 PM

By appt only, call to reserve. No charge for Broome Co.

residents aged 60+. For an appointment call (607) 693-2069.

7/27 Nutrition Education with Kathleen Cook: Eating a variety of

colorful fruits and vegetables. 12:15 PM

**NORTHERN BROOME ..... (607) 692-3405**

12 Strongs Place, Whitney Point, NY 13862

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

**Senior Center Store:** 9 am – 3 pm

**Lunch served at Noon**

**Soup and Sandwich Bar:** Mon-Fri, 11:30 am – 12:30 pm

**Breakfast for Lunch:** Thursday, 10:30 am

**Weekly Activities**

**Monday:** Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm

**Tuesday:** Osteo Bonesavers Class, 10 – 11 am; Wii Bowling, 10 am

**Wednesday:** Weight Loss Group – "Choose to Lose" 9:30 am;

Sewing, 10:30 am; Bridge, 12 pm; Shuffleboard, 10 am

**Thursday:** Pitch, 9:00 am; Osteo Bonesavers Class, 10 – 11 am;

**Friday:** Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm;

Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

**Special Activities**

7/3 July 4th Celebration 10:30 AM

7/11 Craft with Karli: Birdhouses 10:00 AM

7/11 Book Club 1 PM

7/13 Teachers Breakfast at 10 AM

7/19 Party on the Patio with Gregg Neff Lunch 11:30 AM,

Entertainment 12:15 PM

We will be making Hotdogs, or Hamburgers, Macaroni Salad, and Baked Beans for lunch.

7/28 Pizza Party 11:30 AM Call for reservations.

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!

**VESTAL..... (607) 754-9596**

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

Located in Old Vestal High School Cafeteria

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

**Lunch served at 11:45am**

**Weekly Activities**

**Monday:** Hand and Foot Card Games, 9 am

**Tuesday:** Pinochle (new players welcome), 9 am

**Wednesday:** Knitting, 9:30 am; Sandwich Bar, 11:15 am (reservations

appreciated); Bridge (new players welcome), 12 pm;

Oil Painting, 1 pm

**Thursday:** Card Group, 9 am; Bingo, 10 am; Ice Cream, 12 pm

**Fridays:** Mahjong, 9 am; Chef Salads, 11:30 am (reservations required)

**Special Activities**

7/3,17 Chop and Chat – Please call to reserve your spot. 10AM

7/3 Independence Day Luncheon

King High Card Game 12PM

7/11 Craft Day: Pinecone Flowers 9:30AM

7/12 Vestal Club Trip Signup for Carole King 9 – 11AM

7/12 Vestal Senior Picnic with Johnny Only 11:45AM

7/12 Vestal Library Tech Help 10AM

7/12 CarFit 10 – 12PM

7/20 LCR Dice Game 12PM

7/26 Cornell Nutrition Education - Eat a Rainbow: Colorful Seasonal

Fruits and Vegetables 10:15AM

7/28 Pizza or Chef's Salad Day – Please call for a reservation. 11:15AM

7/28 Bunko Dice Game 12PM

**FIRST WARD..... (607) 797-2307**

226 Clinton St., Binghamton, NY 13905

**Center Hours:** Mon - Fri, 8:30 am - 3:30 pm

**Lunch served at 11:45 am call 607-729-6214**

**Weekly Activities**

**Monday:** Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm

**Tuesday:** Knitting & Crocheting, 9 am; Shuffleboard, 9 am;

Progressive Pinochle – Looking for New Players, 11:30 am;

Int. Mah-Jong, 12:30 pm

**Thursday:** Sewing, 9 am

**Mon, Wed & Fri:** Bonesavers, 10 am

**Mon & Fri:** Zumba, 9:30 am (\$3); Texas Hold'em, 12:30 pm

**Wed & Fri:** Ceramics, 9 am

**Special Activities**

7/3 Fourth of July Luncheon w/Musical Guest, Rick Pedro, 12PM

7/6 Executive Board Meeting, 9:30AM

7/10 Legal Aid 9 AM (appointment required, please call)

7/11 & 18

15-minute Reiki, Chakra, Card Readings or

Foot Reflexology 10-11:30, \$3 (advanced registration and

payment required, 607-797-2307)

7/11 First Ward Action Council Presentation 12PM

7/12 Center closed for the Picnic in the Park

Picnic in the Park at Otsiningo Park, 10 - 2PM

Catered by Clines Catering and Entertainment by Mike's Jukebox

7/11,25 Chop & Chat 1PM

(reservations required 1 week in advance) 607-797-2307

7/18 Nutrition Education w/Cornell Co-Op: Eat a Rainbow: Colorful,

Seasonal Vegetables & Fruits 12PM

7/20 BBQ Luncheon (hot dog or hamburger) and White Elephant

Auction 12:15PM

**DEPOSIT ..... (607) 467-3953**

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

**Center Hours:** Tues & Thurs, 10:00 am - 2:00pm

**Lunch served at 12:30 pm**

**Weekly Activities**

**Tuesday:** Balance/Strength for Seniors, 11:00 AM – 11:30 AM

**Thursday:** Wii Games, 10:30 AM – 12:30 PM

**Special Activities**

7/11, 18, 25 BINGO following 12:30PM lunch.

7/29 Craft Class 11:15AM

## Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library in Endicott in the month of July.

**Using YouTube to Watch Videos: Tips and Tricks** –Virtual Class  
YouTube is popular! It provides a source to view free videos about basically everything from historical news footage to current events, technology advice, shopping tips, how to fix just about anything, and much more. YouTube has something for everyone, regardless of age, interests, or preferred device. Videos can be viewed on smartphones, tablets and laptops, Alexa- or Google-powered smart displays, and TVs. Best of all it is FREE! Join us and learn some easy-to-use tricks to help you get more out of this video-sharing service.

**Libby** - Free eBooks, Audiobooks, and More! - July 27th @ 11 a.m. in-person at Broome West Senior Center (2810 Wayne St. in Endwell) With Libby and your library card you can download thousands of books and magazines for FREE to read or listen to on your computer, e-reader, smartphone, or in your car. Learn how you can browse for titles, reserve books, and take hundreds of books and magazines on vacation in this virtual presentation.

To join virtual classes, visit: [www.gfjlibrary.org/tc](http://www.gfjlibrary.org/tc)

**For specific dates and times please contact the Library at (607)-757-5359 or email: [gfjtechcenter@gmail.com](mailto:gfjtechcenter@gmail.com)**

We'll be offering many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**, throughout July. Contact us at **607-757-5359** or [gfjtechcenter@gmail.com](mailto:gfjtechcenter@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.gfjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

### 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](mailto: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**.

### New York State Golden Park Program *Continued from Page 9*

#### Bowman Lake State Park

745 Bliven Sherman Road, Oxford, NY 13830  
Known as "a camper's paradise", Bowman Lake is comprised of scenic forests housing a multi-season trail system as well as its namesake lake, perfect for swimming and sunbathing.

#### Chenango Valley State Park

153 State Park Road, Chenango Forks, NY 13746  
Chenango Valley is an ice age wonder featuring two glacial lakes. Offering a variety of wildlife, camping, and an 18-hole golf course- the park has something for everyone.

#### Chittenango Falls State Park

2300 Rathbun Rd., Cazenovia, NY 13035  
Glacial sculpted 400 million year-old bedrock is responsible for the park's picturesque 167 foot namesake waterfall. Enjoy the views offered by trails winding through the gorge.

#### Clark Reservation State Park

6105 East Seneca Turnpike, Jamesville, NY 13078  
Clark Reservation is a geologic wonder of the last ice age and a botanist's paradise. The park features rugged cliffs, woodland and meadow, a wetland and a glacial plunge basin lake.

#### Delta Lake State Park

8797 State Route 46, Rome, NY 13440  
Located on a peninsula extending into Delta Reservoir visitors can enjoy the many picnic areas, or hiking and nature trails. Boating, fishing, and camping are also available.

#### Gilbert Lake State Park

18 CCC Road, Laurens, NY 13796  
Featuring a lake and three ponds in wooded, hilly terrain at the foothills of the Catskills the park offers swimming, camping, and hiking among their variety of outdoor activities.

#### Glimmerglass State Park

1527 County Highway 31, Cooperstown, NY 13326  
Overlooking Otsego Lake the park's rolling, partially-wooded terrain is host to a wide variety of wildlife. The many trails offer picturesque views and a variety of wildlife.

#### Green Lakes State Park

7900 Green Lakes Road, Fayetteville, NY 13066  
Green Lakes State Park features two glacial lakes surrounded by upland forest. The park also features an 18-hole golf course, as well as 10 miles of trails.

#### Oquaga Creek State Park

5995 County Route 20, Bainbridge, NY 13733  
A 55-acre Arctic Lake located amidst rolling, wooded hills has a sand beach for swimmers, and great fishing for anglers. Camping is available as is a full service vacation rental.

#### Pixley Falls State Park

11430 State Route 46, Boonville, NY 13309  
A picturesque 50-foot waterfall is the main attraction at this scenic park. It also features steep, wooded hills, mountain stream and a nature trail.

#### Robert V. Riddell State Park

Accessible off NY 28, north of I-88 from Riddell Road, Davenport, NY 13750  
The park offers a many family-friendly passive recreational opportunities in the Susquehanna River Valley and is a preferred destination for hikers and outdoor enthusiasts.

#### Sandy Island Beach State Park

3387 County Route 15, Pulaski, NY 13142  
The scenic dunes found at the park were formed by a giant inland sea that preceded Lake Ontario and is part of the only freshwater dune site in the northeastern United States.

#### Selkirk Shores State Park

7101 State Route #3, Pulaski, NY 13142  
Overlooking a bluff on Lake Ontario the park offers Great Lakes swimming, fishing and spectacular sunsets. Boat launch sites as well as camping facilities are also available.

#### State Park at the Fair

New York State Fair, 581 State Fair Blvd., Syracuse, NY 13209  
While visiting the New York State Fair this summer, be sure to stop at the State Park at the Fair and sample some of the programs in an oasis-like park setting around the reflecting pool.

#### Verona Beach State Park

6541 Lakeshore Road South, Route 13, Verona Beach, NY 13162  
Located on the eastern shore of Oneida Lake the park is a picnicker's and camper's delight. Shaded picnic areas and the campground boast a view of the park's scenic beach.

### The Broome County Home Repair Service

### Home Repairs for Senior Citizens

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Categories	City Bus (Fixed Route)	OFA Mini Bus	BC Lift	BC Country
<b>Age &amp; Eligibility</b>	All ages (Seniors with a yellow OFA I.D. Card or Medicare card - reduced fare \$1.00)	60 years and older OFA ID card required	Any age with disability. Must complete BC Lift application. ADA Card required with doctor's approval (periodic renewal)	All ages; rural residents traveling from rural areas to destinations in the urban core of Broome County.
<b>Time of Operation</b>	Mon-Fri: 5:30AM-9:55PM Sat: 6:00AM- 6:50PM Sun: 9:30AM- 5:50PM Closed most major holidays	Monday- Friday: 9:00AM- 4:00PM Closed most major holidays	Mon- Fri: 5:30AM- 10:00 PM Sat: 5:30AM- 6:30PM Sun: 9:00AM- 5:30PM Closed most major holidays	Mon-Fri; hours vary depending on location. Pick up ride in the morning and return ride in the afternoon or early evening. Closed most major holidays.
<b>Fee</b>	64 years and younger - \$2.00 per one way ride  65 years and older with a yellow OFA ID Card - \$1.00 per one way ride	Suggested contribution \$2.00 per one way ride	\$3.00 fare per one way ride	59 years and younger \$3.50 per one way ride; individuals with disabilities \$3.00/ride 60 years and older with a blue or yellow OFA ID Card - \$2.00 suggested contribution
<b>Service Area</b>	Bus routes throughout Broome County urban core.	Binghamton, Vestal, Chenango Bridge, Johnson City, Endicott, Endwell, parts of Conklin and parts of Kirkwood	Binghamton, Vestal, Chenango Bridge, Johnson City, Endicott, Endwell, parts of Conklin and parts of Kirkwood	Rides are provided from rural areas of Broome County to the locations in the urban core of Broome County.
<b>Reservation &amp; Phone Numbers:</b>	No reservation needed. <b>607-778-1692</b> Information or <b>607-763-4464</b>	Reservation required and can be made up to one week in advance. <b>607-763-4464</b> Information <b>607-763-8747</b> Reservation	Reservation required and can be made up to one week in advance. <b>607-763-4464</b> Information <b>607-763-8747</b> Reservation	Reservation required and can be made up to one week in advance. <b>607-763-4464</b> Information <b>607-763-8747</b> Reservation

Broome County  
**Office for Aging**



Call **(607) 778-2411**  
or visit

[www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)

*"Everybody needs a passion. That's what keeps life interesting. If you live without passion, you can go through life without leaving any footprints."*  
- Betty White

**Sudoku Answers**

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

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- Access to transportation and social activities













**(607) 786-7440**  
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### Laugh Break

What did the ghost say on the 4th of July?  
*Red, White and Boo!*

## July Horoscopes

-  **Aquarius (1/20-2/28):** Step outside and soak up the sun. Look ahead to a summer full of peace, laughter, and growth!
-  **Pisces (2/19-3/20):** It's time to pick up that book you've been waiting to read!
-  **Aries (3/21-4/19):** Ask yourself- what is holding you back?
-  **Taurus (4/20-5/20):** Give the person you've been thinking about a call!
-  **Gemini (5/21-6/20):** It's time to use your cleverness to good use.
-  **Cancer (6/21-7/22):** Watch a comedy special or enjoy doing something that makes you laugh!
-  **Leo (7/23-8/22):** Use any excuse to treat yourself.
-  **Virgo (8/23-9/22):** If you are being tested, rely on your natural resilience to overcome.
-  **Libra (9/23-10/22):** Make the space around you a little cozier.
-  **Scorpio (10/23-11/21):** Are you holding onto a grudge? It's time to free yourself.
-  **Sagittarius (11/22-12/21):** Read up on the topic you've been wanting to learn more about!
-  **Capricorn (12/23-1/19):** Being sensitive is not a flaw, give yourself the same grace you give to others.

## Enjoy Fresh Local Produce This Summer!

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



July is the perfect month to take advantage of all the wonderful colors and flavors of fruits and vegetables grown in and around Broome County. In recent years research has emerged showing that each color of produce offers its own health benefits. That's why you may hear the phrase "Eat a Rainbow of Colors."

For example, many of were told to eat carrots for good eyesight, yet now it is understood that not only are carrots beneficial, but also most other dark yellow and orange vegetables and fruits. Peaches, apricots, winter squash, sweet potatoes, and pumpkin all help to prevent macular degeneration and improve night vision.

Overall, the darker the color, the richer the nutrients. This means that dark leafy greens such as Swiss chard, kale, spinach, and beet greens have more nutrients than their paler cousins – iceberg and romaine lettuce. All have nutritional value, yet a mixture of both dark and light will give you more vitamins & minerals and fiber. Dark greens are powerful immune system boosters, along with yellow fruits & vegetables.

Further, red produce helps your heart & circulation and support joint health, dark blue and purple antioxidants boost our memory, and both orange and white reduce cancer risk.

While all forms of produce are nutritious- canned and frozen as well as fresh. This is a perfect time to explore the bounty of colors at local farm stands and Farmers Markets.

Enjoy a healthy summer eating colorful fruits & vegetables!

# Cahal Dunne

## Ireland's Piano Man



Cahal has appeared on David Letterman, PBS, and has performed for many American Presidents.

### Coming to Owego on July 23rd

Enjoy an afternoon of music and entertainment followed by a great meal!

Owego Moose Lodge 1595  
3 Goodrich Rd.,  
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\$25 per person

Seating is limited. Reservations required by July 16th.

Call: Marianne Rogers at 607-748-3719

Sponsored by: Greenwood Pest Management, Inc. & Thomas J. Lucia Dental P.C.

Doors open at 1:00 pm

Concert at 2:00 pm

Turkey dinner at 4:00 pm

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# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1

**Find a good balance and exercise program**

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.


- 2

**Talk to your health care provider**

Ask for an assessment of your risk of falling. Share your history of recent falls.


- 3

**Regularly review your medications with your doctor or pharmacist**

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.


- 4

**Get your vision and hearing checked annually and update your eyeglasses**

Your eyes and ears are key to keeping you on your feet.


- 5

**Keep your home safe**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.


- 6

**Talk to your family members**

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.





To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

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## Foster Grandparent Program



As another school year ends, we asked our volunteers "what does being a Foster Grandparent mean to you?" In their own words, they shared why they enjoy being a Foster Grandparent.

Here are just a few of the answers that were provided.

- ◇ Being a Foster Grandparent has made me feel needed and has given me more confidence than I have ever felt! I love the children and no matter how I am feeling, they make me happy! Helping children is so beneficial to me and they also enjoy having a Grandma to act silly and make stress a little better for some! Learning becomes fun for them! I hope that the children are getting as much joy from me as I am from them!
- ◇ I have been with the Foster Grandparent Program for 16 years. I enjoy every day with the children and with the adults in my room. The children come to me with problems, I help them solve. They make my day.
- ◇ At 70 plus years old, who would've thought I'd enjoys waking each morning and greeting 22 5-year-olds? Foster Grandparents is an amazing program and so are the folks who run it.
  - Choose your days/hours
  - Interesting, informative monthly meetings with informative guest speakers
  - Paid time off, I don't deserve
  - Children, small as they are, teach me far more than I'm able to teach them
  - Supervisors are wonderful and always supportive.
  - I wouldn't change my life these days, it has been a wonderful enriching experience. The best job that isn't!
- ◇ Being a Foster Grandparent means everything to me. I am happier than I've ever been-I only wish I'd done it sooner!

A Foster Grandparent is a classroom volunteer that works with local children in a daycare, Headstart or elementary school. You will receive a tax-free stipend, paid time off and holiday time. **This stipend does not affect any financial benefits such as SNAP, HEAP or Disability.** Most importantly you will share your time and talents mentoring children with exceptional needs.

If you would like to learn more about the Foster Grandparent Program, please call us at **607-778-2089**. Or come see us at one of the senior picnics!

### Laugh Break

Why are mountains the funniest place to vacation?

*They are hill-arious!*





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# July Menu - Bon Appétit!

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

<b>Independence Day Party!</b> 3 <b>Rotisserie Chicken</b> Baked Beans Macaroni Salad Red, White & Blue Cookie	<b>Center's Closed in Observance of Independence Day</b> 4	<b>Beef Stew over Biscuit</b> 5 Country Blend Vegetables Grape Juice Cinnamon Apple Slices	<b>Chicken Breast w/Apple Chutney</b> 6 Scalloped Potatoes French Cut Green Beans Peaches	<b>Pub Burger OR Tuna Salad</b> 7 Pasta Salad Orange Juice Fresh Melon
<b>Ziti Sausage Bake</b> 10 Wax Beans w/Pimento Grape Juice Oatmeal Cookie	<b>Halupki OR Roasted Chicken</b> 11 Mashed Potatoes Peas w/Pearl Onions Pears	<b>Grandma's Meatloaf</b> 12 Mashed Potatoes Cut Green Beans Sherbet Cup	<b>Chicken Salad on a Croissant</b> 13 Three Bean Salad Cranberry Juice Pineapple Upside Down Cake	<b>Herb Rubbed Fish OR Sausage w/Peppers &amp; Onions</b> 14 Roasted Potatoes Garden Salad Vanilla Pudding
<b>Pierogies w/Kielbasa</b> 17 Carrots Chocolate Chip Cookie	<b>Roast Beef &amp; Cheese on Italian Bread</b> 18 Macaroni Salad Applesauce Ice Cream Cup	<b>Beef Stroganoff</b> 19 Over Noodles Brussels Sprouts Chocolate Pudding	<b>BBQ Chicken Breast</b> 20 Baked Beans Red Potato Salad Fruit Cocktail	<b>Broiled Fish w/Lemon OR Teriyaki Chicken</b> 21 Brown Rice Pilaf Oriental Blend Vegetables Mandarin Oranges
<b>Chicken Parmesan Sand.</b> 24 Minestrone Soup Pears Double Chocolate Cookie	<b>Classic Beef Chili</b> 25 Baked Potato Cottage Cheese Peaches	<b>Liver w/Onions OR Chicken Thigh</b> 26 Mashed Potatoes Corn Banana	<b>Chicken Florentine</b> 27 Roasted Potatoes Carrots Lorna Doones	<b>Egg Salad OR Pub Burger</b> 28 Red Potato Salad Garden Salad Ice Cream Cup
<b>Meatball Sub</b> 31 Vegetable Soup Spinach Banana	<b>Ham OR Chicken both w/Honey Mustard</b> 8/1 O'Brien Potatoes Broccoli Florets Applesauce	<b>Beach Bash! Hawaiian Meatballs OR Pulled Pork</b> 2 Hawaiian Baked Beans Coleslaw Coconut Cream Pie	<b>Turkey &amp; Provolone On Marble Rye Bread</b> 3 Stuffed Pepper Soup Applesauce Cranberry Oatmeal Cookie	<b>Pepper Steak OR Fish Florentine</b> 4 Buttered Noodles French Cut Green Beans Peaches

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



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



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

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

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

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