

Senior Citizen Winter Indoor Walking

The Broome County Office for Aging and the local school districts have teamed up to offer senior citizens indoor walking during the winter months.

Sites are open November 2, 2009 through April 30, 2010. Seniors can walk at the designated sites only during the scheduled times, Monday – Friday. When the schools are closed for holidays and snow days, etc., there will be no walking program.

Get your walking registration forms and incentive sheets from the school office or call the Office for Aging at 778-2411.

<i>Walking Sites</i>	<i>Times</i>
Brookside Elementary School	7:00 – 8:30 a.m.
Caryl Adams Elementary (Whitney Point)	3:30 – 5:00 p.m.
Chenango Forks High School	3:00 – 4:00 p.m.
Chenango Valley High School – Tues, Wed, Thurs.	6:00 – 8:00 p.m.
CR Weeks Elementary (Windsor)	7:00 – 8:40 a.m. & 3:45 – 7:30 p.m.
Deposit Elementary	3:00 – 4:00 p.m.
East Middle School (Binghamton)	6:00 – 8:00 a.m.
Floyd Bell Elementary (Windsor)	7:00 – 8:40 a.m. & 3:45 – 7:30 p.m.
Highland Park Gymnasium (Endwell)	7:30 – 9:30 a.m. & Sat. 7:30 – 9:00 a.m.
MacArthur Elementary (Binghamton)	6:30 – 7:15 a.m. & 3:15 – 4:15 p.m.
Oak Street Senior Center (Binghamton) – Mon., Tues., Wed., Fri.	9:00 a.m. – 1:30 p.m.
Palmer Elementary School Gym (Windsor)	7:00 – 8:40 a.m.
Palmer Middle School Corridor (Windsor)	7:00 – 7:40 a.m. & 3:45 – 6:30 p.m.
Roosevelt Elementary (Binghamton)	3:15 – 4:00 p.m.
Susquehanna Valley High School	7:15 – 7:45 a.m.
Vestal Old Junior High School – Mon., Wed., Fri.	8:00 – 9:00 a.m.
Vestal High School	6:00 – 7:00 a.m.
West Middle School (Binghamton)	7:00 – 7:30 a.m. & 4:30 – 5:00 p.m.

For more information, call the Broome County Office for Aging at 778-2411.