



# Look What's Happening at the Centers!

## Special Activities in January 2012

### Afternoon Writers Club

Wednesdays starting January 4, 1pm

Johnson City Senior Center

Writers are invited to join a small group of people who like to write. Each session participants write and read one piece of their choice: essay, poem, letters to the editor, short stories, continuing story, children's story, song lyric, biography, etc. Encouragement and ideas are offered.

### "Build-a-Burger" Bar

Fridays in January 11:30am-12:30pm

Eastern Broome Senior Center

Enjoy our new "Build-a-Burger" bar on Fridays only. (Friday the 13<sup>th</sup>. we will be serving our hot dog bar). We are featuring "pub" burgers and offering a variety of toppings - lettuce, tomato, cheese, onion, relish, mushrooms, and bacon. Homemade soup will be offered as well as a veggie or small salad, fruit, beverage, and dessert. For those who do not care for a burger, chicken salad will be available. This is a great lunch at an affordable \$3.00 suggested contribution for folks age 60 and better, or \$4.00 for all others. Just stop by and check it out, as no reservations are necessary.

### Meet, Greet and Eat Support Group

Thursday, January 12, 12pm

East Side Senior Center

Pastor Jan will join us at our new "Meet, Greet & Eat" group. Come and share the fellowship at noon and continue the conversations after lunch. Express your concerns, thoughts and life experiences with our support group once a month. Unable to make it for lunch? Join us at 12:30pm in our relaxed atmosphere.

### Bag Sale of the New Year

Thursday, January 19, 1pm

Deposit Senior Center

New and gently used items for sale to support entertainment for our center.

### BCC OWLS: Older Wiser Learners

January 19, 9:30-10:45am

Broome West Senior Center

This semester County Historian Gerald Smith will be the instructor for "Local History". Classes meet every Tuesday and Thursday from 9:30-10:45am through May 10th. The course is offered free to seniors. You may register at the center and/or call for information, 785-3427.

### Winter Wonderland Welcome Back Dinner

Friday, January 20, 4:30pm

North Shore Towers

Spend time with friends! Cocktail hour starts at 4:30pm with cheese and crackers and sparkling grape juice. Dinner is served at 5pm: chicken cordon bleu and strawberry shortcake. Music by Mike Zabadal. Reservations please.

### Winter Fun Day

Friday, January 27, 9:30am-1pm

First Ward Senior Center

We have the cure for the winter blues – Winter Fun Day! Wake up with coffee and donuts then shop at Eva's Winter Odds & Ends Sale with great "after the holiday" bargains. Lunch is from 11am-12:30pm. Music by Don Miller from 12-1pm. Reservations are not required.

### Halt the Salt in Your Diet

Friday, January 27, 10:30am

Vestal Senior Center

Join us for a fun lesson on how to lower salt in your diet for a healthier you! There will be taste-testing!

### New Dining Experience at Johnson City Senior Center

Now serving meals 5 days a week between 11:30 – 12:15.

No reservations are needed, ever!

Monday Pizza & Pasta

Tuesday Breakfast for Lunch

Wed/Thurs/Fri Your choice of hot & cold Sandwiches, or Salad and Soup. Our sandwiches will include Philly cheese steak, spiedies, ham, turkey, and tuna or chicken salad.