

# Northern Broome Senior Community Center

12 Strongs Place, Whitney Point, NY 13862

Phone/Lunch Reservations by noon the day before: (607)692-3405

[www.northernbroomeseniors.org](http://www.northernbroomeseniors.org)

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

Open Monday – Friday 9am-4pm

## February 2012 Activities

Special Thank You to this month's  
Internet/Cable sponsor: Marcia Burke

**ZUMBA** low impact, dance inspired fitness class!  
Every **Wednesday** 10-10:45...\$3.00 per class donation

**Sewing Class for Beginners:** Every Wednesday After Lunch

**Blood Pressure Clinic:** Thurs. Feb 2 & 16 10 to Noon

**Breakfast for Lunch:** *Featured EVERY Tuesday*  
from 10:00am-12:30pm. Made to order breakfast, all  
ages welcome to enjoy! \$3.00 over 60 & \$4.00 under  
60. Soup & Sandwich Bar also available.  
No Reservations Needed!

**February 13 Mon. Valentine's Party** 11:00am

Lou Fleury will be here to sing "love songs".

Please bring your wedding picture & share  
"your love story". A special gift for everyone  
who brings in their wedding picture!



**February 14, Tues. Valentine's Day Celebration**

♦ **Breakfast for Lunch** 10:30-12:30

♦ **Valentine's Luncheon:** Over 60 \$3.50/ Under 60 \$4.50

Menu: Roast Pork OR Fish Florentine

**February 15, Wed. Daytime Penny Social**

Opens at 9:00am. Selection of numbers starts as soon as  
lunch is served.

**February 16, Thurs. Philly Cheese Steak Day**

serving 11am-12:30pm: \$3.50 for over 60 & \$4.50 under

Enjoy a delicious Philly Cheese Steak with 2 sides, beverage  
& dessert!

**CLOSED: MON. FEBRUARY 20**



**February 22, Wed. "Financial Help with Senior  
Health Insurance Costs"** 11:15am

Presented by Action for Older Persons. The public is  
invited to attend. Feel free to stay & enjoy the great  
soup & sandwich bar!

**February 27, Mon. Brown bag Guessing Game** 12:30

**February 29, Wed. Karaoke with Char!** 11:00am

Come & Sing A Long! Enjoy the soup & sandwich bar!

**Evening Dining Menu for February**

\$4.00 for 60+ & \$5.00 under 60

Tuesday, February 14, serving at 5:00pm

Menu: Sliced Turkey w/Gravy & Pumpkin Pie

Entertainment: Doc Weismore

**No Evening Meal February 21!**



**February 2, Thurs.**

*The mission begins in  
Northern Broome.*

**Lose 12 in 12!**

**Mission Meltaway** kickoff meeting 1pm-3pm. Come  
& join this group! All are welcomed! The goal will  
be to lose 12 lbs in 2012. Have fun, make friends, &  
lose weight at the same time. You will set your own  
goals, develop a healthier living strategy & participate  
in physical activity.

Sign up by calling 692-3405.

**Mission Meltaway** is FREE Join Today!

**February 7 & 8 AARP Driver Safety Program**

This 2 day class is offered from 9:45am-1:30pm each  
day. Please call 692-3405 to reserve a seat!

**February 8, Wed.**

♦ *Caregiver's Chat Group* 10-11:30am with a  
facilitator-ALL caregivers are invited to join this  
group. Respite care can be provided during this time  
upon request. Call 692-3405. Feel free to stay for  
lunch if you can.

♦ *Stress & Your Health/Benefits of Massage* 11:00am

**Site Council Meetings:** Executive Meeting: 1st Monday, 2:00pm General Site Council- 3rd Tuesday, 2:00pm

**Bereavement &/or Caregiver's Support Group-** Call 692-3405

**Meals on Wheels:** Home Delivered Meals 5 days a week.

For information contact: Desirae Peterson 692-2653



**Broome County Office for Aging**

*... bringing seniors and services together*