

# East Side Senior Center

254 Robinson Street, Binghamton, NY 13904

Phone/Fax: (607) 723-4292

Open: Monday, Wednesday & Thursday, 10am to 2pm

Hot lunch served at noon – reservations requested one day in advance.

Lunch – Suggested contribution age 60+ and spouse of any age \$3.00;

\$4.00 charge all others unless noted otherwise.

Site Supervisor: Sandy Ruminski

## February 2012

Closed: Monday, February 20.....President's Day



### Mission Meltaway Members

The mission has begun:

**“Lose 12 in 2012”**

We hope you are working towards your own goal! Keep up the good work!

Our next meeting is March 13, 4-6pm we will discuss Energy Balance, My Plate, Indoor Exercise & Stretches.

### Meet-Greet-&-Eat Chat Program

*Wednesday, Feb. 1, 11:30*

Pastor Jan will join us at the new “Meet, Greet & Eat” chat group which will meet the first Wednesday each month! Come & share fellowship at 11:30 and stay to continue the conversations after lunch. Express your concerns, thoughts and life experiences in a relaxed atmosphere. Unable to make it for lunch, no problem join us at 12:30 for our afternoon chat!

### “Financial Help with Senior Health Insurance Costs”

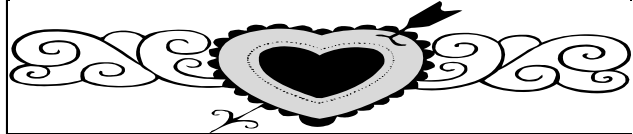
*Wednesday, Feb. 8, 11:30am*

Presented by Action for Older Persons.

### Valentine's Day Celebration

*Monday, Feb. 13, 11:00am*

A light hearted day with “Heart Bingo” & just “lovely” prizes!



### “Halt the Salt in your Diet”

*Wed. Feb. 15, 11:00am*



Come join us for a fun lesson on how to lower salt in your diet for a healthier you! Taste test some low-salt recipes, yes you can even make them at home!

### Penny Drive

*Wed, Feb. 22*

*Tribute to our Presidents*

Kick off our Annual Fundraising Penny Drive.....bring in those unwanted pennies!

### Presidential Luncheon

*Thurs. Feb 23,*

Menu: Roast Turkey with Gravy & Cherry Fruited Jello

*Suggested Contribution: \$3.00 over 60 & \$4.00 charge under 60*



Broome County Office for Aging .....bringing seniors & services together.