

# Broome West Senior Center

2801 Wayne Street (off Watson Blvd), Endwell, New York 13760

Open: Monday – Friday, 9 a.m. – 3 p.m.

**Lunch Reservations: 785-1777**

Office/Information/Fax: 785-3427

Senior Center Website: <http://www.gobroomecounty.com/senior/scc/>

Center Supervisors: Elayne Luis & Michelle Class

**Lunch served around noon – reservations needed one-day prior**

Lunch – Suggested contribution: \$3.00 for age 60+ and spouse of any age; \$4.00 for all others



## March 2010

### Medicare Advantage Plans

Wednesday, March 3, 11:00 am

Cathy Tulloch (AOP) is back with her vast knowledge of what's new and what has changed. She knows all the ins and outs to help you make an informed decision.



### Advanced Directives Program

Wednesday, March 10, 11:00 am



Do you have a Health Care Proxy, a Living Will or a Do Not Resuscitate (DNR) Order? Who is important and how binding are these documents?

Action for Older Persons will be here to help with these questions.

### Fitness Equipment Demo

March 8 (Monday), 10 - 11:30 am

March 16 (Tuesday), 10 - 11:30 am

March 22 (Monday), 1 - 2 pm

March 29 (Monday), 1 - 2 pm

We have excellent equipment for you to use to stay fit and healthy. It can seem intimidating until you know how it works. Jocelyn will show you the best way to benefit from your efforts.

### Broome West Chorus Practice

Mondays, starting March 15, 1-3 pm

If you enjoy singing and if you'd like to perform for just a few groups in the community, come to chorus practice on Mondays. Male voices are welcome, as well as female.



### Site Council Meeting

Tuesday, March 16, 10:15 am

### St. Patrick's Day Party Irish Dancers

Wednesday, March 17, 11 am-1 pm

EVERYBODY is Irish on St. Patrick's Day. Celebrate The Green by wearing green. Lunch is corned beef, O'Brien potatoes, cabbage & carrots, and shamrock cake. You'll want to be here in time for the students who have learned traditional Irish dancing, 11 am.



**!! \*\*\*\*\* Bus Trips \*\*\*\*\* !!**

### Tioga Downs

Thursday, March 18

Depart at 9:30, return at 4:30

Sign up at front desk or call 785-1777.

### Mount Airy Casino

Thursday, April 22

Departing at 9:30 from Shafer's Bus Line on North & Vestal Ave in Endicott

This trip costs only \$40 per person and includes \$25 free play and \$10 for food. Come join us for a fun day! You may sign up at the center. Full payment at time of registration guarantees your seat. For information, please call 798-0826.



**!! \*\*\*\*\* Bus Trips \*\*\*\*\* !!**

## The Shape of Pasta

Wednesday, March 24, 11:15 am

Learn how pasta shapes get their names, why some have ridges, which ones are best for soups and more. A few nutrition tips will be mixed in as well. Joan Sprague or Sara Gdovin from OFA is the speaker.

## Potato Bar

March 10, 11, 12, 11:15 am-12:30 pm

Potatoes are very good for you: fat- and cholesterol-free; a good source of vitamins, potassium, fiber, and antioxidants; and low in sodium. Eat the skins too, they contain many of the vitamins, minerals, and fiber in potatoes!

## Breakfast for Lunch

Every Monday from 10:30 a.m. – 12:30 p.m.

**March 8:** Cheese Strata

**March 22:** Belgian Waffles

Made-to-order breakfast choices on January 4 & 18 include: scrambled eggs, omelets, bacon, sausage, French toast, pancakes, and more! **Or** our specials!

## Philly Cheese Steak Day

Thursday, March 18, 11 am - 12:30 pm

No reservations needed. Suggested contribution \$3.50 for seniors and \$4.50 for under 60. Sides are always a surprise!

### Oil Painting

Tuesdays

Dave is available to show you techniques. You can work at your own pace with your own supplies.

### Quilting

Mondays, 9 – 3 pm

Make progress on your own projects or learn some tricks from seasoned quilters

## For Your Health

**Bonesaver Exercises** – Mon. & Wed. @ 10 am

Low-intensity; prevent/decrease osteoporosis and improve balance.

**Chair Exercises** – Tues. & Thurs. @ 11 am.

Increase flexibility, range of motion, & circulation.

**Floor Shuffleboard**

Wednesdays @ 12:45 pm

**Ping Pong**

Thursdays from 1-3 pm

**Line Dancing Classes w/Joni Duff**

Fridays @ 10:30 am. Just \$2 per class.

## March Lunch Menu

(entrée & dessert)

Menu Subject to Change

3/1 Breakfast for Lunch

3/2 Chicken Breast; Bread Pudding

3/3 Sliced Turkey; Tropical Fruit Cup

3/4 Beef Stroganoff; Sherbet Cup

3/5 **Choice:** Fish Florentine **OR** Meatloaf; Banana

3/8 Breakfast Special: Cheese Strata

3/9 **Choice:** Cheese Omelet **OR** Chicken Rib BBQ; Lime Gelatin Salad

3/10 Sliced Roast Beef; Gingerbread w/Lemon Sauce

3/11 Ham & Scalloped Potatoes; Pineapple Chunks

3/12 **Choice:** Breaded Fish **OR** Stuffed Green Pepper; Oatmeal Cookie Pepper

3/15 Breakfast for Lunch

3/16 Sweet & Sour Pork; Apple Crisp

3/17 Sliced Corn Beef; Shamrock Cake

3/18 Philly Cheese Steak Day

3/19 **Choice:** Herbed Cod **OR** Salisbury Steak; Sliced Pears

3/22 Breakfast Special, Belgian Waffles

3/23 **Choice:** Liver w/Onions **OR** Holupki; Banana

3/24 Sliced Pork; Frosted Yellow Cake

3/25 Pierogi w/Onions; Cherry Fruited Gelatin

3/26 **Choice:** Salmon Boat **OR** Pepper Steak; Cinnamon Applesauce

3/29 Breakfast for Lunch

3/30 **Choice:** Sausage Patty w/O&P **OR** Chicken Breast w O&P; Fruit Cocktail

3/31 Sliced Turkey; Pumpkin Bar

4/1 Spaghetti w/Meatballs; Chocolate Pudding

4/2 **Choice:** Stuffed Fish **OR** Meatloaf; Sliced Pears

## Information & Assistance Representative

Lucia Esposito from Office for Aging can find answers for most of the questions seniors ask about services in Broome County. Schedule an appointment or take your chances.

Tuesday, March 2, 11:30

Tuesday, March 16, 11:3

