

East Side Senior Center

254 Robinson Street, Binghamton, NY 13904

Phone/Fax: (607) 723-4292

Open: Mon, Wed & Thurs, 10 am to 2 pm

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 all others

Site Supervisor: Sandy Ruminski



March 2010

The Shape of Pasta

Wednesday, March 3, 11:30 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.



St. Patrick's Day Party

March 17, 11 am – 1 pm

Lunch is corned beef, cabbage & carrots, and shamrock cake.

Celebrate The Green by wearing green.



Medicare Advantage Plans

Wednesday, March 17, 11:30 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 informed decisions.



AARP Driver Safety Program

Wednesday & Thursday, March 24 & 25

9:30 am – 2 pm

This class runs periodically throughout the year, but you **MUST** pre-register and pre-pay.

Birthday of Coca Cola

Monday, March 29, 12:30 pm

Coke is not a food unless you mix it with ice cream ... Coke Floats at Lunch. Reserve your meal.

March Activities:

3/3 "The Shape of Pasta" w/Joan Sprague, 11:30 am

3/17 St. Patrick's Day Party, 11 am – 1 pm

3/17 Medicare Advantage Plans, 11:30 am

3/17 Information & Assistance, 12 noon

3/22 Spring Time Celebration, 11 am

3/24 & 25 AARP Driver Safety Program

9:30 am – 2 pm

3/29 Coke Floats at Lunch, 12:30 pm

What's Happening Elsewhere:

Don't forget the St. Patrick's Day Parade

"Before the Parade" Breakfast

Saturday, March 6, 8 – 11 am

Greenman Senior Center, 37 Pine St. Binghamton

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Movies at Johnson City

3/5 "Public Enemy," 12:30 pm

3/12 TBAnnounced, 12:30 pm

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Information & Assistance

Wednesday, March 17, 12 noon

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.

Broome County Office for Aging

... bringing seniors and services together