

# Vestal Senior Center

201 Main Street, Vestal, NY 13850

**Phone/Lunch Reservations: (607) 754-9596**

Visit our website at [www.tier.net/vsc](http://www.tier.net/vsc) & [www.gobroomecountv.com/senior/scc](http://www.gobroomecountv.com/senior/scc)

Open: Monday – Friday, 9:00 a.m. to 2:00 p.m.

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

Lunch – \$2.50 contribution age 60+ and spouse of any age, \$3.50 for others

Site Supervisor: *Nettie Lukovich*

## November 2009

### Special Events:

#### Donate a Non-Perishable for a Thanksgiving Food Basket

*November 2 - 24*

#### General Election Site

*Tuesday, November 3  
from 5:30 a.m. – 9:30 p.m.*



#### Audibel with Eric Freeman

*Wednesday, November 4 from 10-11:30 a.m.*

#### FREE! Blood Pressure Screening

*Wednesday, November 4 @ 10:30 a.m.  
Free screening by Kay Devine, RN.*

#### Veteran's Day Remembrance Luncheon!

*Wednesday, November 4, 11:30 a.m.*

Join us for remembrance activities followed by a complimentary lunch for Veterans! Reservations are requested by noon on November 3.



#### Thanksgiving Luncheon and Turkey Raffle Drawing!

*Wednesday, November 18 @ Noon*  
Come and enjoy a delicious Lunch with all the fixings!



#### AARP Driver Safety Class

*Thursday & Friday, November 19 & 20  
from 1-5 p.m.*

Reservations are needed.  
Please call 754-9596 to register.

#### November 24:

**November Birthday/Anniversary @ 11:45 am**  
**Vestal Senior Club Business Mtg @ 1 pm**

#### Adaptive Chair Yoga

*November 20 and December 4, 11  
and 18 from 1 – 2 pm*

Provides many of the benefits offered by vigorous yoga. However, postures and movements are gentle, easy to maintain and are adapted to each student's ability.



#### Don't wait any longer, learn how easy it is to use the Computer

Call 754-9596 for computer instruction.

#### Nine Day Caribbean Cruise on the Caribbean Princess with the Princess Cruise Line

*May 9 – May 18*

Includes round trip bus transportation from Vestal to NYS Pier.

Call Charles DiGiacomo 625-2855 for more info.



Broome County Office for Aging . . . *bringing seniors and services together*

## Creativity Corner!

Sign-up at the Front Desk.

### Oil Painting Group with Ruth Deering

Wednesdays from 1:00 – 3:00 p.m.

\$3 per week.

### Explore the World of Quilting Class

Fridays, November 6.13. 20

from 9:30 a.m. – 11:30 a.m.

Explore the quilting scene with Judy Piester! All are welcome. No tools or sewing machine required. We will create lap quilts as a starter project. No charge.

### Writing Seminar

Enjoy a quiet time and place for writing once a month. A group leader will offer suggestions to stimulate or clarify your thinking. Be part of this seminar on the third Tuesday of each month. This month is November 17 from 1-2.



### Mondays & Thursdays are Wii Days!

Come play the hottest game on the market. You will have so much fun you won't even know that you're being active!



### Rummikub

Fridays, 12:45 – 2 pm

New fun, quickly-learned game!

### Pinochle

Tues & Wed at 9:30 a.m.- Call to confirm.

### Bingo

November 5 & 19 at 10 a.m.

Bring quarters to play.



### Magnetic Darts

November 11 & 25 @ 10 a.m.

Everyone is welcome!

## For Your Health & Well-Being:

**\*Chair Exercises** – Fridays at 9 and 10 a.m.  
Increases flexibility, range of motion, and circulation.

### \*StayWell Walking Group -

Mondays, Wednesdays & Fridays

6 – 7 a.m. Vestal High School Hallways

8 a.m. Old Junior High School Hallways

### “Fitness After 50” Aerobics

Mon. & Wed. from 8:30 – 9:30 a.m.

Call Eunice at 862-4587 for information. Cost is \$3 per class or \$36 for six-week session.



### \*Men's Senior Volleyball –

Mondays & Wednesdays, 9:30 – 11 a.m.

After the game enjoy lunch at the center.

### \*Pickleball - Fridays from 8:30 – 11 a.m.

Pickleball is a slowed down version of tennis, played with wooden paddles and a plastic perforated ball.

## November Lunch Menu

(entrée & dessert) Menu Subject to Change

11/2 Spanish Rice; Chilled Peaches

11/3 Pepperjack Chicken Sandwich

w/Ranch Dressing; Pineapple Tidbits

11/4 Roasted Pork w/Gravy; Strawberry Shortcake

11/5 Vegetarian Chili over Baked Potato; Black Forest Brownie

11/6 **Choice:** Fish Florentine **OR** Pierogi w/Onions; Low Fat Muffin

11/9 Chicken Cacciatore; Cinnamon Applesauce

11/10 Pub Burger w/Onion, Lettuce, Cheese, Tomato; Peanut Butter Cookie

11/11 *Closed for Veterans Day!*

11/12 Turkey ala King Over a Biscuit; Pudding

11/13 **Choice:** Stuffed Tilapia **OR** Sliced Ham w/Horseradish; Tropical Fruit Cup

11/16 Beef Stroganoff; Mandarin Oranges

11/17 Savory Chicken Filet w/Gravy; Lemon Cake

11/18 Turkey w/Gravy; Pumpkin Pie w/Topping

11/19 Macaroni & Cheese; Sliced Pears

11/20 **Choice:** Holupki **OR** Fish; Oatmeal Cookie

11/23 Sweet & Sour Chicken; Pudding

11/24 **Choice:** Liver w/Onions **OR** Sausage w/Pepper and Onion; Pumpkin Cookie

11/25 Cheesy Shells Gingerbread w/Lemon Sauce

11/26, 11/27 *Closed for Thanksgiving!*

11/30 Chicken Rib BBQ; Lemon Cookie

