

# Broome West Senior Center

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

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

**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



## September 2010

### Wii Bowling Tournament Qualifying

*Thursday, September 23, 12:30 pm*

Brush up on your skills as we prepare to take on the other Senior Centers!



**Labor Day /**

### Back to School Celebration

*Friday, September 3, 11 am*

Celebrate the return of the grandchildren to school and spend time with us!

### Grandparents Day Observance

*Friday, September 10*

Bring in photos of your grandchildren! Enjoy a lunch of Fish Florentine or Chicken Marengo w/blueberry crisp for dessert.

Call for reservations.

### Calling all Crafters

*Saturday, October 16 10am-3pm*

8<sup>th</sup> Annual Craft Fair at Broome West

Vendors may register by calling 785-3427.

\$10.00 per table. All are welcome!

### Birthday & Anniversary Celebration

*Wednesday, September 15, noon*

Be King or Queen for the day with special treatment!

### Evening Meals

*Tuesday, September 14, 5-7 pm*

Hear the toe-tapping sounds of the Bluegrass/Gospel Band “On Our Way Home” followed by a delicious roast pork dinner with pumpkin pie for dessert.

*Tuesday, September 28, 5-7 pm*

Join us for a chicken ala king dinner with a surprise dessert at 5 pm followed by the “Parlor City Boys Chorus”. Suggested contribution of \$4.00 for 60+ and \$5.00 for all others. Call for reservations.



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

### Tioga Downs

*Thursday, September 30, 9:30 am – 4:30 pm*

The cost is \$22 per person. This includes \$20 free play & \$7.99 buffet. What a deal! Call 785-3427 for reservations! Payment due in September.



### Dave Lewis, Pianist

*Tuesday, September 28<sup>th</sup> at 12 noon*

Join us for the beautiful sounds of Dave Lewis, on the piano.

### Fall Garage Sale

*Saturday, October 9, 9am-2pm*

West Corners Lions/Lioness Bi-Annual Fall Garage Sale. Our Lady of Good Council on West Main Street. Bag Sale and Bake Sale!

## Breakfast for Lunch

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

**September 13:** Carrot-Raisin or Chocolate Chip Muffin Choice

**September 27:** Western Omelet

Made-to-order breakfast choices on September 20. Choices include scrambled eggs, omelets, bacon, sausage, French toast, pancakes, and more! **Or** our specials!

## Philly Cheese Steak Day

Thursday, September 16 from 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, 9 - noon

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**

Tuesdays & Fridays from 1-3 pm

**Line Dancing Classes w/Joni Duff**

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

**Exercise Room**

Everyday from 9am-3pm

## Social Connections

**Meetings** – Thursdays 1-2:30 pm at Broome West

This is a fun group. We play Wii, go on Field Trips, and share lunches together.



**Meal Reservations:**  
**785-1777**

## September Lunch Menu

(Entrée & dessert)

Menu Subject to Change

9/1 Roast Turkey & Spice Cake w/Cream Cheese Frosting

9/2 Broccoli Cheese Omelet or Pierogies & Sherbet

9/3 Salmon Boat w/Dill or Chicken Rib BBQ & Cinnamon Applesauce

9/6 **Center Closed in Observance of Labor Day**

9/7 Macaroni & Cheese and Fresh Fruit

9/8 Roast Pork & Pineapples & Mandarin Oranges

9/9 Pub Burger or Veggie Burger & Sherbet

9/10 **Grandparents Day!** Fish Florentine or Chicken Marengo & Blueberry Crisp

9/13 **Special Breakfast** featuring Carrot-Raisin or Chocolate Chip Muffins

9/14 Vegetable Lasagna & Pumpkin Bar

9/15 Roast Beef & Raspberry Fruited Gelatin

9/16 **Philly Cheese Steak Day**

9/17 Beer Battered Fish OR Salisbury Steak & Pineapples & Mandarin Oranges

9/20 *Breakfast for Lunch*

9/21 Chicken Breast w/cranberry sauce & Bread Pudding w/Raisins

9/22 Liver w/onions OR Halupki w/sauce & Tropical Fruit Cup

9/23 Sweet & Sour Pork Over Brown Rice & Lime Fruited Gelatin

9/24 Salmon Boat w/Dill Sc. OR Meatloaf w/gravy & Sliced Peaches

9/27 **Special Breakfast** featuring Western Omelet

9/28 Tomato & Bacon Omelet OR Pierogies & Banana

9/29 Sliced Turkey w/Gravy & Chocolate Cake w/Peanut Butter Frosting

9/30 Chili Cheese Dog & Mandarin Orange