

# 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 – \$3.00 contribution age 60+ and spouse of any age, \$4.00 for others

Site Supervisor: *Nettie Lukovich*

## March 2010

### Special Events:

#### ST. PATRICK'S DAY FESTIVITIES

“Wee Bit O’ Irish” Readings, 11:30 a.m.

The Clan Na Cara Dance group @ 11:45 a.m.

St. Patrick’s Day Luncheon, 12 p.m.



“WEE BIT O’ IRISH” w/ Peggy Mersereau  
Tuesday, March 16 & Wednesday, March 17  
at 11:30 a.m.

A reading of Irish humor and a tale or two.

#### INSIDE GARAGE SALE – TREASURES GALORE!

Tuesday, March 9 through Thursday, March 11  
9:30 am to 12 pm

You are invited to our spring fundraiser. New and used items available for purchase.

#### LOW-INCOME SENIOR EXEMPTION

with Vestal Assessor

Tuesday, March 9 & Thursday March 18  
11:30 am – 1 pm

#### GET READY: SPRING GARDENING!

Tony Antes, Master Gardener,  
Cornell Cooperative Extension

Friday, March 12 at 11am

Learn about the four vegetables that YOUR garden should have!

#### VESTAL SENIOR CITIZEN’S CLUB

**BUSINESS MEETING**

Tuesday, March 23, 1 – 2 pm

#### VESTAL SR. CLUB TRIP: TURNING STONE CASINO

Wednesday, March 17

**SOLD OUT!!!**

Consider joining the Vestal Senior Club for great rates on trips!

#### BIRTHDAY & ANNIVERSARY RECOGNITION

Tuesday, March 23 at 10:45 am

#### CROCHET FOR FUN

Starts Wednesday, March 24, 9:30 – 10:30 am  
with Rose

#### FOR YOUR HEALTH & WELL-BEING:

##### BLOOD PRESSURE SCREENING

Wednesday, March 3 at 10:30 a.m.

Screening by Kay Devine, RN.

and

AUDIBEL WITH ERIC FREEMAN

at 10:00 a.m.

##### YOGA WITH JIM HOLLEY

Every Friday in March, 1 – 2 pm

Cost is \$5 per class.



##### STRETCH BAND FITNESS CLASS

Starts Tuesday, March 9, 1 – 2 pm, FREE!!

##### “BONE HEALTH” w/ Jennifer Brenner, NP

Tuesday, March 16, 11 -11:30 am

Learn how to prevent osteoporosis so that you can stay active and healthy.