



Visit Our Website at www.gobroomecounty.com/senior

Celebrating **OLDER AMERICANS MONTH**




Mother's Day Celebration

Celebrate all mothers and special mentors on Friday, May 10th. What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters, or friends.

Enjoy a delicious lunch of shrimp scampi or ham over alfredo pasta and a refreshing slice of lemon meringue pie for dessert.

Lunch is served around Noon. See the Look What's Happening pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by Noon the day prior.

Broome County Office for Aging recognizes the accomplishments, hard work, and dedication of older Americans in our community.

Our community was built by our aging population and while we celebrate them every month, we would like to use May as an opportunity to showcase some of our volunteers.

Please see page 8 for more information on Older Americans Month.

Please see page 9 for our nominees for Older New Yorkers Day.

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of May, we will be visiting Stockholm, Milan, and Belfast. These are free classes, and no reservations are required.

5/8 10:30 - 11:30AM
Virtual walking tour through **Stockholm, Sweden** (streamed to Johnson City Senior Center)



5/16 11 – 12PM Virtual walking tour through **Milan, Italy** (streamed to Vestal Senior Center)

5/20 1:30 - 2:30PM Virtual walking tour through **Belfast, Ireland** (streamed to Broome West Senior Center)



Broome County Office for Aging
County Office Building
60 Hawley Street, PO Box 1766
Binghamton, NY 13902

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Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability.

Monday 11:00AM First Ward Senior Center (Binghamton)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

Monday 9:30AM East. Broome Sr. Center (Harpurville)
 Monday 9:30AM Johnson City Senior Center (\$3 charge)
 Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)
 Mon & Wed 1:00PM Johnson City Senior Center
 Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)
 Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows.

Monday 10:45 AM Johnson City Senior Center (\$3 charge)

Zumba

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)
 Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body.

Thursday 10:00AM Johnson City Senior Center (\$3 charge)

Tai Chi

Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday 1:00PM Johnson City Senior Center (\$3 charge)
 Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)
 Friday 9:30AM East Broome Sr. Center (Harpurville)

Chair Exercise

Increase flexibility, range of motion and circulation. No fee for this class.

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)
 Tues & Fri 12:30PM Johnson City Senior Center

*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

Virtual Zoom Classes



Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call (607) 778-2411.

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM

Tai Chi for Beginners

Tai Chi is going to be offered at Broome West Senior Center starting May 15th. The class will be held on Wednesdays and Fridays at 11AM.

It is an 8-week evidence-based program that features Sun-Style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis.

If you are interested in participating, please call the number below. Pre-registration is required as space is limited.

To register: Call the OFA at 607-778-2411



Join the Nature Walking Club

We asked members of the Nature Walking Club to submit what they appreciate about the club, here's a few of the responses!

"It gives me a set day and time where I can plan to get outside and go for a walk. It's great to meet new people!" – Raney

"I like the camaraderie, and I like being outdoors. I love the woods and the river walks. And mostly I like the people!" – Mary Lou

"Oh, there's lots of things! For one there's the conversations and the friendships that you build, but it's the beautiful fresh air. And there are places in Binghamton I didn't even know existed that you can go for beautiful nature walks. We've got lots of stuff here, and I'm just surprised. And it's wonderful going on this nature hike." – "Can We Eat That?" Nancy

"I like coming on these walks because there's a variety of walks and the people that we've met here—it's been wonderful to meet new people...and different conversations, and I look forward to them twice a month." – Cynthia

The Nature Walking Club invites you to join them for a new season of outdoor exploration. Come join this fun group!

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit. For the winter walks, we will stay on paved, plowed surfaces.

May 9th 10 AM - Apalachin Marsh. Look for wetland flora and fauna in the preserved wetlands. Meet us at the parking area on the right side of Rt 434. (About 1/2 mile past Hilton Road in Apalachin)

May 23rd 10AM - Pettus Hill in West Windsor. Explore the 'almost' highest hill in Broome County! Meet us at the parking lot entrance. 135 Abbey Road, Windsor

June 13th 10AM - Greenwood Park. Pack a lunch to enjoy with fellow hikers after exploring the park's well groomed trails. Meet us at the beach parking lot.

June 27th 10AM - Cole Park in Town of Colesville. Circle the lake on easy trails. Meet us at the parking lot to your right after entering park.

Reservations are **not required**. For more information on the walks, please call **Mary Lou at (607) 343-4985**.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, May 6, 2024 **Time:** 1:00 - 2:30 PM

Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

Below are no cost respite programs hosted by area church communities on Saturdays monthly.

**Saturday, May 4th 11 – 2PM • First Saturday of the Month
Join Social Saturdays!**

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch.

The program will host participants at the:

St. Anthony's Church Hall, 300 Odell Ave, Endicott

This free caregiver respite program is sponsored by St. Anthony's, St. Ambrose, and St. Joseph's parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program? Please contact the St. Anthony Parish office: **607-754-4333** for more information or to register.

**Saturday, May 11th 1 – 4PM • Second Saturday of the Month
Grace's Place**

Free Senior Respite is Provided by Grace Lutheran Church

Grace Lutheran Church, 709 Main Street, Vestal

Please contact **(607) 748-0840** or email GraceVestal709@gmail.com
Guests should be able to eat and toilet independently.

Registration packets are available online at
www.gracelutheranchurchvestal.com/graces-place

**Saturday, May 18th 11 – 2PM • Third Saturday of the Month
Saturday Afternoon at St. Mary's**

St. Mary's Church, 795 Route 11, Kirkwood

To register, please call **607-775-0086**.

A Divine Calling

The Broome County Office for Aging is calling on faith based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let's work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.

Be a part of the win-win-win:

- Participants enjoy activities like art, music, games & exercise
- Caregivers benefit from the opportunity to recharge
- Volunteers feel personally rewarded when helping families

Often, caregivers are reluctant to ask for help.

But they will come to a familiar setting for social events and take the break that they need. Your church might be a safe comfortable space.

Throughout NYS, congregations are starting Caregiver Respite Programs that provide a break to caregivers and social opportunities for other older adults. We are excited to establish a network of faith based respite programs in Broome County.

Participants and volunteers will engage in discussions/trivia games/gross motor skill games/exercises/art projects/community projects/sing a long and a meal or snack. Programs can run monthly/weekly or daily for 2-4 hour sessions. Respite programs improve the quality of life for the participants and improve the health of their caregivers.

If your church would like to provide this type of support to caregivers and join our network, please contact Shellie Spinelli at **607-778-2946** or email Machelle.Spinelli@broomecountyny.gov

A caregiver is a person who tends to a variety of needs or concerns of another person with short- or long-term limitations that may be due to illness, injury, or change in abilities.

Have you found yourself caring for a loved one and would like support navigating information?

Trualta Can Help!

Trualta offers a free 24 hour a day online support platform for family caregivers. The platform covers a variety of materials which include videos, audio, printable resources, and interactive scenarios.

You can register today for free at

<https://newyork-caregivers.com/signup/eligibility-criteria>

Trualta takes into consideration a caregiver's time and emphasizes microlearning. Microlearning provides caregivers short materials that can be used when convenient for the caregiver.

Some of the Trualta Toolkit topics include:

- **Documents and Decision Making:** Information about legal documents such as living wills, power of attorneys, and supporting care recipients in their independent decision-making.

Continued on Page 4



Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

Join us Fridays 1 - 3PM

Church of the Holy Family: 3600 Phyllis St., Endwell

Get competitive with a round of "Golf" or "Hand and Foot" cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!



**Perform housework for someone?
Help them shop for food?
Help them bathe or get dressed?
... Feel Stressed?**

**You are a caregiver.
Support is available.**

Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Friday, May 24th at 11AM
Memorial Day Cookout
Hot Dog & Entertainment by Johnny Only

Reservations preferred by calling 607-785-1777 by 5/23 at 12PM.

Chenango Bridge Senior Center

Monday, May 20th from 10 – 2PM
Be A “Bee Day”
Come to the center wearing yellow & black!

Deposit

Thursday, May 2nd from 10 – 2PM
Kentucky Derby Day

Eastern Broome

Wednesday, May 8th
S.N.A.P. BINGO
12:15 – 1:15PM

First Ward

Tuesday, May 7th
Naturalist, Rick Marsi’s presentation on his trip to Argentina and Lunch
12PM

Johnson City

JCSC Quilt Raffle

This year’s quilt features blue, yellow, and white flowers pieced together in a way that’ll remind you of a kaleidoscope.

It’s handmade and donated by the JCSC Quilters. The quilt is hanging in our Dining Room for viewing. Raffle tickets are \$3 each or 2 for \$5.

The winner will be drawn on Friday, May 10, at our Mother’s Day Luncheon. For a meal reservation please call 607-797-3145 by 5/9 at Noon.

Northern Broome

Wednesday, May 1st at 10AM
Mayday Celebration
Come make Mayday Baskets!

North Shore Towers

Friday, May 10th at 10:30AM
National Apple Pie Day
Come in for some goodies.

Vestal

Wednesday, May 29th at 10AM
Vestal Senior Club Bake Sale

Senior Center closings:

Monday, May 27th in observance of Memorial Day

Trualta Can Help! *Continued from Page 3*

- **From Hospital to Home:** Returning home from a hospitalization can be challenging. This information will help you advocate for the person recovering and establish post-hospital routines.
- **Mobility & Fall Prevention:** Strategies that promote safe movement, fall prevention, and correct use of equipment.
- **Medications:** Information that offers skills to promote organization, avoid common issues, and understand high-risk medications.
- **Care Tasks in The Bathroom:** Learn tips that can make bathroom usage safer and more comfortable for both the care receiver and the caregiver.
- **Care Essentials:** A quick refresher on the basics of caregiving.
- **End of Life Care:** Caring for someone toward the end of their life can be a unique experience. This toolkit offers support with sensitive issues like hospice, financial information, improving physical comfort, grief & loss, and the celebration of life.
- **Healing Caregiver Burnout:** Tools to help caregivers reset and eliminate or reduce chronic stress.
- **Caregiver Wellness:** Self-care-centered activities and destressing material for caregivers.

Trualta has so much to offer. Consider signing up today for free to see if this resource can support you so you can support others!

You’ll be So Cool with HEAP Cooling Assistance!

The Home Energy Assistance Program (HEAP) Cooling Assistance opened this year on April 15, 2024. If your household is eligible, you may receive assistance with the purchase and installation of one new air conditioner or fan to help your home stay cool. This is not a monetary benefit and is not able to help with the costs associated with using the air conditioner or fan.

It is up to the recipient to maintain the air-conditioner and remove/reinstall it after initial installation is provided by a participating HEAP vendor. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

You may be eligible for a HEAP Cooling Assistance benefit if:

- Your household’s gross monthly income is at or below the current guidelines for household size (\$3,035 for a 1-person household, \$3,970 for a 2-person household, higher limits for larger households)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than \$21 in the current program year or received a Regular benefit equal to \$21 during the current program year and reside in government subsidized housing with heat included in your rent, and
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, or
- Your household contains a vulnerable member based on their age (age 60 years or older, or young children under age 6) which meet all other component eligibility criteria, and
- A member of your household is a United States Citizen or Qualified Non-Citizen, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older, and
- You did not receive a HEAP funded air conditioner within the past five years.

If you did not receive HEAP Winter Heating Assistance, then you need to complete a Regular HEAP application and a Cooling Assistance application as well as provide required documentation.

If you received 2023-2024 HEAP Winter Heating Assistance or if you have ongoing TA or SNAP, then you only need to complete a Cooling Assistance application.

To apply and to answer any questions, please call The Career & Community Services Center DSS office at **607-778-1100, option 6.**

Laugh Break!
What do you call it
when it rains turkeys
and chickens?

Fowl weather.





Mark Your Calendar! Upcoming Community Events

First Friday

Downtown Binghamton
Friday, May 3rd 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is an annual event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.

Check out the website for events:
<https://broomearts.org/in-the-community/first-friday/>

3rd Annual Car Show

Elderwood Village at Vestal
505 Clubhouse Road, Vestal NY
Sunday, May 5th 12 – 5PM

A free car show event for the public, it's also free to enter your own classic car, truck, or motorcycle! There will be a raffle with a chance to win prizes, food, drinks, music, and more!

Used Book Sale

Broome County Public Library
185 Court Street, Binghamton
Friday May 17th 9:15 – 2PM
Saturday May 18th 9:15 – 12PM

Book sale open to everyone to support the library
Book Sale Prices: Hardcover \$1 each / Paperbacks \$.50 each
Children's Hardcover \$.50 / Children's Paperbacks \$.25
Saturday fill a bag for \$5, bring your own bag

Breakfast in the Woods

218 Loughlin Road, Binghamton
Monday, May 27th 8 – 11AM

On the mornings of the summer holidays: Memorial Day, Independence Day and Labor Day, the German Club serves up a delicious outdoor breakfast in our wooded Picnic Grounds. Come and experience... "Little Germany in the Woods of Binghamton." – the only outdoor breakfast in Broome County!

Breakfast tickets:
\$10 adult German Club member
\$12 adult non-member
Children 12 and under are half price

Scam of the Month

Home Improvement Scams

Spring is here, and with warmer weather comes the opportunity to make needed home repairs. Scammers also take this opportunity to try to scam unsuspecting consumers. Surveys show that one out of ten homeowners have been scammed out of money through home improvement scams.

Examples of home improvement scams to be aware of can include a contractor or handyman:

- Performing quick, low-quality work with no contract.
- Providing a low-cost estimate, then significantly increasing costs during the project.
- Billing for shoddy work.
- Using leftover materials from previous jobs while billing full price.
- Using high-pressure sales techniques.
- Lying about permits, manipulating change orders or schedules, or falsely representing employees, insurance, or purchases.
- Falsifying payment invoices.
- Adding or changing contractors or subcontractors during the project.
- Performing a job that "snowballs." You hire a handyman or contractor to complete one job, which then turns into more jobs they say you need to complete, and the charges continue to escalate.
- Offering "free inspections" to get in your door, then pressuring you to hire them to do a job for a problem they identified.

There are things you can do to prevent falling victim to these types of scams.

- Be very cautious of a salesperson knocking at your door uninvited. Scammers will try to find victims by going door to door.
- Beware of someone saying they noticed something on your house needing work and then offering to do the job for you. If you need work done, start by asking for references from people you know and trust.
- Don't be afraid to ask the contractor for proof of insurance.
- Get everything in writing and review the contract carefully. If you have difficulty understanding the contract, ask someone you trust to review it with you.
- Contracts should include the contractor's name and information about what the project will include and when the project is expected to begin and end.
- Never pay full amounts up front. While deposits are common, you should not be paying the full amount until the project is completed to the contract's specifications.
- Choose a contractor with a listed physical address. Be sure you know how to find anyone who does work on your home in case of problems.
- And be sure to obtain at least three estimates and ask for references before deciding who to entrust your home to.

Affordable Senior Independent Living



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- Hamilton House Apartments
Binghamton, NY (607) 724-6102
- Harry L Apartments
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- Marian Apartments
Endwell, NY (607) 785-5223
- Nichols Notch Apartments
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
Watkins Glen, NY (800) 838-0441
- Wells Apartments
Johnson City, NY (607) 797-8862
- Whitney Point Apartments
Whitney Point NY (607) 692-2609
- Windsor Woods Apartments
Windsor, NY (607) 655-4191



Downsize & Declutter Discussion Topic: 20/20 Rule or 90/90 Rule

It's a new take on 20/20 vision: If you can replace it in 20 minutes for less than \$20, then get rid of it. Try it. Really! And there's a 90-90 rule: have you used the item in the past 90 days? If not, will you use it in the next 90 days? Try it with kitchen gadgets, bathroom clutter, clothes (of course), tools or craft supplies.

Learn more at our Declutter Discussion on Tuesday, May 14th at 3PM at the Broome West Senior Center or on Zoom.

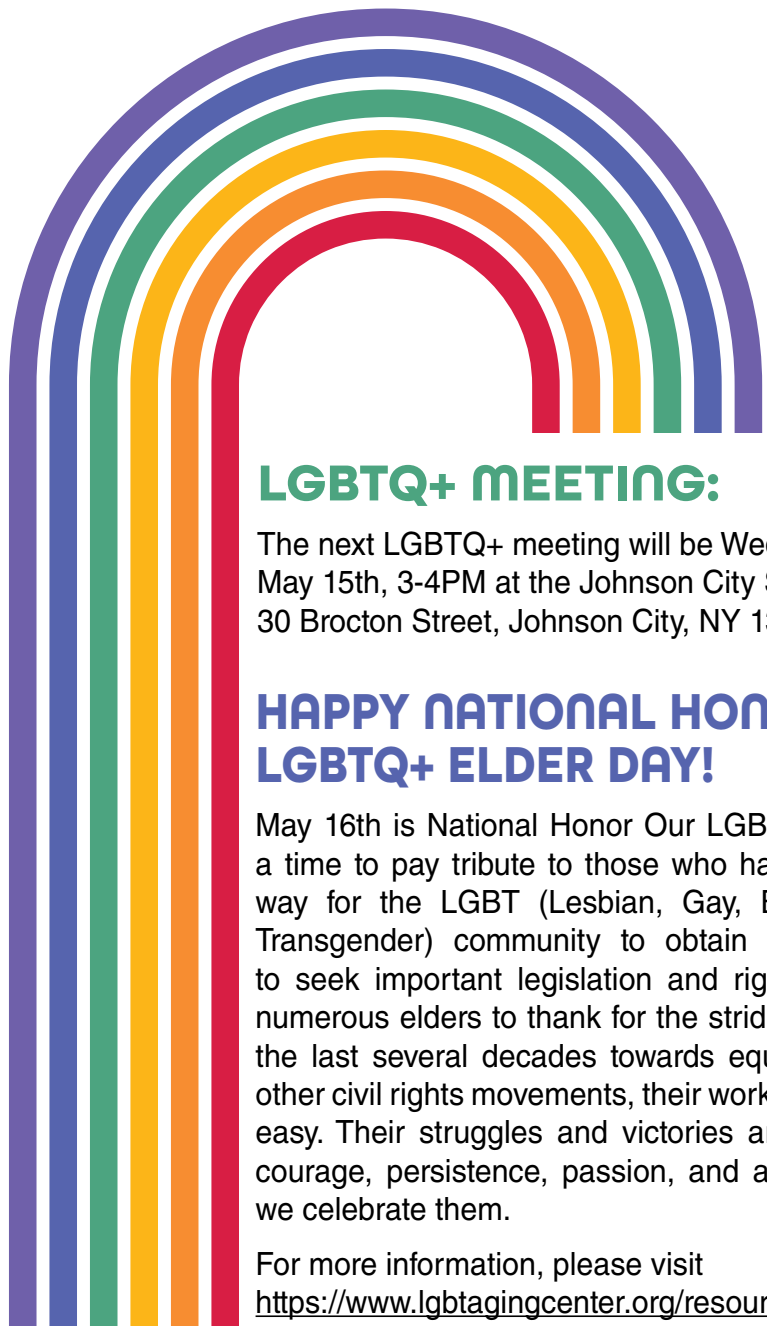
To attend the Zoom, to attend contact Joan Sprague at spraguejm@verizon.net. Meeting will be on Zoom only if schools are closed due to weather.



Housing with a Heart



PAID ADVERTISEMENT



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, May 15th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

HAPPY NATIONAL HONOR OUR LGBTQ+ ELDER DAY!

May 16th is National Honor Our LGBT Elders Day, a time to pay tribute to those who have paved the way for the LGBT (Lesbian, Gay, Bisexual, and Transgender) community to obtain and continue to seek important legislation and rights. We have numerous elders to thank for the strides made over the last several decades towards equality. As with other civil rights movements, their work has not been easy. Their struggles and victories are marked by courage, persistence, passion, and authenticity so we celebrate them.

For more information, please visit <https://www.lgbtagingcenter.org/resources/>



Eastern Broome

Contact: Arlene 607-759-6306

- May 22 – 23rd** - Lancaster
- June 27th** - West Point
- August 5 – 10th** - Indiana Amish Area
- September 20th** - Skaneateles Luncheon Cruise and Merry Go Round Theater
- September 23 – 26th** - Cape May
- December 2nd** - Nellie's Irish Christmas

First Ward Travel Group

Contact: Liz W. 607-222-8440

- May 15th** - Turning Stone Casino \$40
- July 10th** - Hudson River Cruise \$135 (On sale 5/20)

Johnson City Senior Center

Contact: Lucy 607-427-6143

- June 14th** - Merry Go Round Theater: Jersey Boys (Sign up by 5/20)
- June 26th** - Alexandria Bay Scenic Cruise (Sign up by 5/20)
- August 15th** - Skaneateles Dinner Cruise (Sign up by 7/10)

Kirkwood Senior Trips

Contact Jeanie 607-655-2685

- June 25th** - Cooperstown
- September 19th** - Moravia
- October 22nd** - Penn's Peak: The Carpenters

Northern Broome Golden Agers

Contact Sandy 607-761-0629

- September 22 – 27th** - Biltmore Estate & Asheville, NC (Sign up by 7/15)
- November 4 – 5th** - Lancaster Show Trip & the Dutch Country (Sign up by 8/28)

North Fenton Seniors

Contact: Ruth McMullen 607-648-8425

- May 15th** - Penns Peak Beatlemania - \$90

Port Crane Seniors

Contact: Donna 607-648-6071

- June 11-13th** - Ohio Amish Country - Sight & Sound "Ruth"

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

- July 18th** - Golden Horseshow for Elvis
Sign up: Thursday June 27th at Noon
- August 2nd** - Cortland for Beauty and the Beast & Lunch at Heuga's
Sign up: Thursday, July 11th at Noon
- September 27th** - Rev Theater: May We All – Meal at Sherwood Inn
Sign up: Thursday, September 12th at Noon
- October 9th** - Penn's Peak: Everly Brothers tribute
Sign up: Thursday, September 26th at Noon
- November 13th** - Hunterdon Hills Christmas Show
Sign up: Thursday, October 24th at Noon

BROOME WEST SENIOR CENTER PRESENTS

Mother's Day Tea Tablescape
Thursday, May 9th, 2024
4:30PM

Numerous themed tea tables!

Dinner of apricot meatballs, oriental rice, vegetable medley, and a dessert cup!

Reservations required by 5/8 at Noon by calling 607-785-1777. A contribution of \$5.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$6.00 for the meal.

Tea and Cookies, for a small fee.

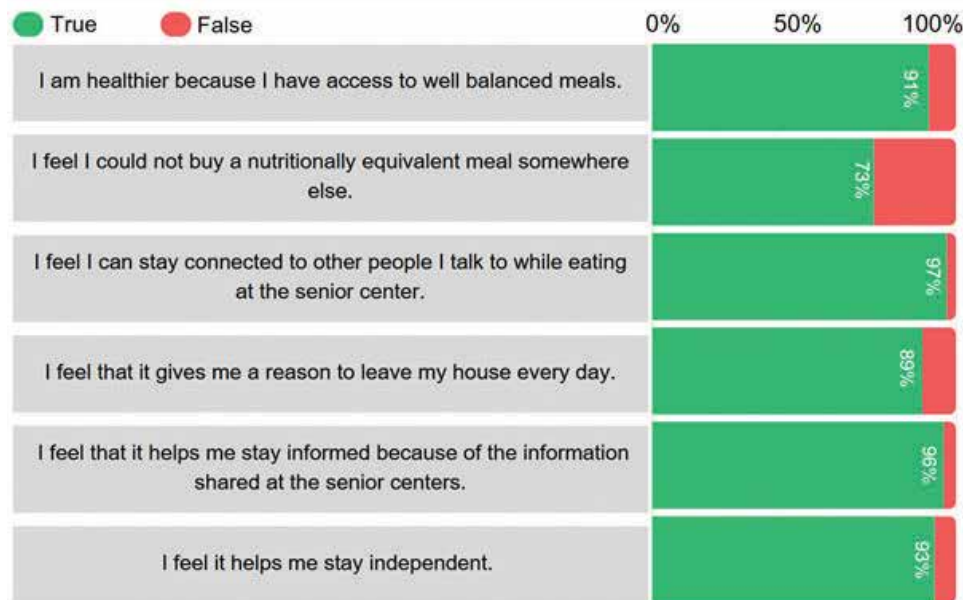
The fun continues after dinner with Saxophonist Dan Bolton!



Results of the Senior Center Meal Survey

Have you had the chance to check out any of your senior centers? There are nine across the county. Each senior center offers different events and nutritious, affordable lunches. Recently, the Office for Aging asked for feedback about the congregate meal program offered at local senior centers. A total of 186 respondents rose to the occasion and offered their thoughts. Their responses are detailed below.

The Value of our Senior Centers: Survey Responses from 186 Participants



Responding to Suggestions

“Some meals have too many starches, no real butter and nowhere near enough fresh fruit and vegetables. How about a piece of fresh fruit for dessert?”

- Fruit for dessert is a great idea for a healthy after-lunch treat! Canned & frozen fruits and vegetables are often picked at peak ripeness, meaning that they typically have the same or higher nutritional content as fresh! We understand some may enjoy fresh fruits more, so we'll keep that in mind for meals going forward.

“Too much chicken!”

- Let's talk about it! Chicken is a great source of lean protein, allowing you to feel full while benefiting your bone health and improving muscle mass. The meals served at senior centers are carefully curated to meet healthy nutritional goals, so this is why they can seem repetitive. However, we understand where you're coming from, and have changed our menu to include less chicken!

“Let folks know they can use their SNAP benefit to purchase lunch tickets.”

- Thanks for bringing this up! Yes, SNAP benefits (formerly known as Food Stamps/EBT) can be applied towards meals at senior centers.

“Needs more seasoning.”

- We hear you! However, we have to keep within healthy sodium guidelines, and make meals enjoyable for everyone. Feel free to use the salt & pepper provided or bring your own condiments/seasonings from home.

“Portions are very small”

- We need to keep every meal in a range of 600 to 750 calories. We recognize that everyone has different caloric needs, but we need to keep it in this window so that it's a healthy portion for everyone.

To attend lunch, please call your senior center of choice at least one day in advance to make a reservation. Meals have a suggested contribution of \$4 for those 60+ and their spouses of any age. Those under 60 pay \$5 for lunch.

Sources:

- Meyer, Hilary. (2023). Are canned and frozen vegetables healthy? *EatingWell*, <https://www.eatingwell.com/article/274447/fresh-vs-canned-vs-frozen-which-is-better/>
- Frey, Malia. (2024). Chicken breast nutrition facts and health benefits. *VeryWellFit*, <https://www.verywellfit.com/how-many-calories-in-chicken-breast-3495665>

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

	8		7		1		3	
4		9						
	5			6		4	1	8
7					9			
8			6	1		5		
	3	5					2	9
	6		4		7		9	
1					8			4
	2			5			7	

Positive Feedback & Responses

“Generous Portions”

- We're glad they're a good size for you!

“I eat here because of the friendship”

- Great to hear! It's always wonderful to eat with others.

“Haven't had a bad meal yet”

- Amazing!

“Not too spicy”

- Great! We try to make meals so everyone can enjoy them.

“I am very fortunate to have this Senior Center available. Food is always good and personnel is caring and helpful.”

- Thank you for your feedback! We're fortunate to have you come to spend lunch with us.

“Considering the way, the food is brought in and the workers here making it available, I can't complain at all. I feel blessed that we have this site to come to enjoy a good meal (always hot) and friendly volunteers and our site supervisor. I'm fairly aware of good nutrition but appreciate always learning something new.”

- Great to hear it! Our meals are developed by a Registered Dietitian, so we make sure they are healthy and balanced.

“Very nice variety of food. Makes me feel welcome. Reminds me to eat 3 meals a day. Healthy portions. Excellent program”

- It's wonderful that having meals at your senior center helps you eat more throughout the day!

Green Onion Omelet

In the spring, wild onions can be used in place of green onions. Yellow or white onions work as well.



Ingredients

- 1 can low-sodium sliced potatoes, drained (about 15 ounces)
- 1 tablespoon vegetable oil
- 1 whole egg
- 3 egg whites
- 3 tablespoons 1% low-fat milk
- 1/4 teaspoon salt
- 1/2 cup ham, diced
- 1/2 can low-sodium tomatoes, drained (about 8 ounces)
- 1 tablespoon green onion (or wild onion), chopped

Directions

1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.s.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/green-onion-omelet>

Baked Cauliflower Tots

The cheesy flavor makes this riced cauliflower feel very indulgent.



Ingredients

- 2 cups grated or finely chopped cauliflower rice (about half a medium head)
- 1 egg
- 3 tablespoons flour
- 1/4 cup grated cheddar cheese
- 1/4 teaspoon salt

Directions

1. Preheat oven to 400 °F.
2. Lightly grease a baking sheet.
3. In a medium bowl, combine all ingredients and mix well.
4. Press mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-cauliflower-tots>

Zucchini Pancakes

Try this veggie side dish with different variations by adding combinations of your favorite veggies - grated carrots, spinach, cauliflower, or broccoli all work. You can serve this dish with applesauce or sour cream.



Ingredients

- 2 cups grated zucchini
- 1 tablespoon finely chopped onion
- 1 egg, beaten
- 1 1/2 tablespoons flour

- 1 tablespoon Parmesan cheese
- 1/4 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- salt and pepper (to taste, optional)
- 1 tablespoon olive oil (or cooking spray)

Directions

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter.
3. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-pancake>

Asparagus with Gremolata Sauce

Asparagus has folate, fiber, as well as vitamins A, C, E, and K. It also has antioxidants, so treat yourself to this dish knowing that you are feeding your body with some important nutrients.



Ingredients

- 2 cups asparagus, washed and trimmed (about 8 ounces)
- 2 tablespoons margarine, unsalted (or butter)
- 2 teaspoons lemon peel, grated
- 1 large garlic clove, minced
- 2 tablespoons lemon juice, fresh

Directions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly and drain again.
3. Pat dry. Wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/asparagus-gremolata-sauce>



Each May, the Administration for Community Living leads the nation's observance of **Older Americans Month**. This year's theme of **Powered by Connection** recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Broome County senior centers and many other Office for Aging programs play a vital role in keeping older adults connected. They also support independence and aging in place by combatting isolation, loneliness, and other issues.

Call **Office for Aging** at **607-778-2411** to learn about what programs and services can help you remain connected.
www.gobroomecounty.com/senior

Broome County
Office for Aging 

Ladies of Charity "Nearly New Shop"



The Annual
DRESS FOR LESS FASHION SHOW IS BACK!

50/50 raffle & door prizes
Jewelry, Purses & Clothing Sale
Light Refreshments

31 MAY | **1:00Pm - End** | **First Ward Senior Center**
226 Clinton St. Binghamton

Lunch	over 60 \$4 under 60 \$5	Fashion Show	\$2
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For lunch reservations call 607-729-6214 by 12pm on 5/30/24
For more information call Sally at 607-772-9855

Older New Yorkers' Day Nominees

Donna Wright



Over the last 20 or so years, Donna has volunteered for the Office for Aging and the City of Binghamton at the First Ward Senior Center. She is also a volunteer at the Post 80 American Legion and her newest volunteer endeavor at the Loaves and Fishes Food Pantry.

She has done a tremendous amount of work to help support the senior center. She helped for many years in the kitchen serving the daily lunch and helped with on-site cooking like Breakfast for Lunch and Philly cheesesteak days. Donna is now a warm and welcoming "face" when you enter the center. She is currently one of the Senior Center's volunteer receptionists.

We thank Donna for her generosity, compassion, and patience. We believe that Donna has played a major role in the success of the center.

Donna believes in keeping busy and active in the community. She finds volunteering rewarding and has made many friends through her volunteer jobs over the years.

Robert Hoover



Robert has a long history of more than 34 years giving back to communities he is a part of through volunteering. Robert's history includes participating in volunteer opportunities through publication, press production, editorial boards, career counseling and various involvements with art programs and events.

Since 2022, Robert has served on the Broome County Office for Aging Advisory Council. Robert's most recent volunteer endeavor is collaborating with the Broome County Office for Aging on an LGBTQ Seniors Social Group to promote dignity, equality, and support. Robert facilitates the group and invites speakers who provide information to group attendees. Robert volunteered to be the host of the social group and quickly became a trusted source for the group. With more than 20 members now, the group continues to thrive under Robert's care. His homemade cookies at every monthly meeting are also a wonderful treat!



"Senior to Senior" Dinner Dance

Join in the fun for an Intergenerational Dinner Dance.
Hosted by Johnson City High School Students for Broome County Older Adults.
There is no charge for this event, but reservations are needed.

Thursday, May 16th - 5:00 pm – 8:00 pm
Johnson City Senior Center: 30 Brocton St, Johnson City, NY

Doors Open at 5:00pm
Dinner, Dance Music and Complimentary Photo Booth
Everyone Registered Will be Automatically Entered to Win a Door Prize

Space is limited. Call the Office for Aging at **(607) 778-2411** to reserve your spot by **May 10th.**

This event is brought to you by:
Broome County Office for Aging • Johnson City Senior Center
Johnson City School District • JC Connects Community Schools
Binghamton University Community Schools • Sarah Jane Johnson Memorial Methodist Church

*Your feedback helps us plan future events. Please complete a survey provided at the event.

Look What's Happening at the Centers!

BROOME WEST (607) 785-1777

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9 – 3PM

Lunch is served at Noon

Weekly Activities

Monday – Friday: Gift Shop, 10 – 2PM

Monday: BoneSavers 9:30AM;

Hand and Foot Card Game 12:30-2:45PM

Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM;

Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM;

Ping Pong 1 - 2:45PM

Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM;

Floor Shuffleboard 1 -2:30PM

Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM;

Social Connections 1PM; Chair Yoga 1PM

Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM

Special Activities

5/2 & 3 AARP Drivers Safety Class 9:30 – 12:30PM

Please visit the center to reserve your spot.

5/3 Derby Day! Refreshments & table horse races 11AM

5/6, 13, & 20 Breakfast for Lunch 10:30 – 12PM

Please call for a reservation.

5/6 Tiny Gardens presentation by Kathleen, CCE 11:30AM

5/8 GFJ Tech Class: Internet Scams 11AM

5/9 Mother's Day Tea Tablescape 4:30PM

5/10 Mother's Day Luncheon! Friday at Fred's 11AM, Meal 12PM

Please make a reservation by 5/9 at Noon.

5/13 Civil War Historian, David Clutez 1PM

5/14 Downsize & Declutter 3PM

5/ 17 OFA's 50th Anniversary Memory Maker Project 10AM

5/17 Fun Friday: Lunch 12PM Ray Cuadra 1PM

5/20 Discover Live: Belfast, Ireland (Virtual Tour) 1:30PM

5/24 Memorial Day Cookout! 11AM Hot dogs and Entertainment by Johnny Only

5/28 Bright & Beautiful Therapy Dogs 12:30PM

CHENANGO BRIDGE (607) 663-0406

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Mondays, Wednesdays and Fridays, 10AM - 2PM

Lunch is served around Noon 607-663-0406

Weekly Activities:

Mondays – Sit Down Chair Yoga 9AM In-Person or Zoom; In-Person or Zoom: Drumming 2PM; Walk With Friends 1PM;

Mahjongg or Marbles 10 – 2PM

Tuesdays – ZOOM ONLY: Chair Dance Yoga 9AM

Wednesdays – – Tai Chi 9AM In-Person or Zoom; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjong 10AM;

Walk With Friends 1PM; Wii Wednesdays 10 – 2PM

Thursdays – ZOOM ONLY: Chair Dance Yoga 9AM

Fridays – Tai Chi 9AM In-Person or Zoom; Chair Dance and Yoga 11AM In-Person or Zoom; Walk With Friends 1PM

All Zoom Classes: Meeting ID: 706 942 1672 **Password:** 123456

Special Activities

5/1 May Day – Plant a Plant Day 10 – 2PM

5/1 Clover Chat 1PM

5/8 & 24 BINGO with Sallie 10:30AM

5/10 Mother's Day Luncheon 12PM

5/10 Spring Door Wreath Making 10AM

5/13 & 27 Crochet with Kathy 10:30AM

5/15 Chocolate Chip Day 10 – 2PM

5/15 Nails by Kathy 1PM

5/17 Tiny Gardens presentation by Kathleen, CCE 12PM

5/20 Be A "Bee Day" 10 – 2PM

5/24 OFA Nutrition: Healthy Eating on a Budget 12PM

5/29 Senior Health & Fitness Day 11AM

DEPOSIT (607) 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tuesday & Thursday, 10 – 2PM

Lunch served at 12:30PM

Weekly Activities

Tuesday: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

5/2 Kentucky Derby Day 10 – 2PM

5/4 OFA Nutrition w/Bridget: Healthy Eating on a Budget 12:30PM

5/7 Binghamton University Falls Prevention Program 10 – 2PM

5/9 Mother's Day Late Afternoon Meal with Gary Holdridge 4:30PM
Please call for a reservation by 5/7 at Noon.

5/14 OFA's 50th Anniversary Memory Maker Project 11AM

EASTERN BROOME (607) 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon- Fri, 9 – 2:30PM

Lunch served at noon

Breakfast Made-To-Order: Tuesday, 8:00 AM - 9:30 AM

Weekly Activities

Monday: Shuffleboard (call ahead to sign up) 9AM;

Gentle Yoga 9:30AM; Canasta 10:30AM

Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM,

Mobile DMV 9 - 1PM (closed 11:30 - 12PM)

Wednesday: Crafters' Group & Wood Burning 9 - 11AM;

Billiards 10AM

Thursday: Bingo for Prizes 10 - 11:30AM; Painting Group 9 - 11AM

Friday: Shuffleboard (call ahead to sign up) 9AM;

Gentle Tai Chi 9:30AM

Special Activities

5/2, 16 & 30 Greater Good Grocery Bus 12:30 – 2:30PM

5/3 Burger Bar 11:30 – 12:30PM

5/7, 14, 21 & 28 DMV 9 – 1PM

5/7 & 21 Chop and Chat 12:30 – 1:30PM Please call for a reservation.

5/8 Finance Meeting 9:15AM

5/8 Site Council Meeting 10:45AM

5/8 Snap BINGO 12:15 – 1:15PM

5/10 Mother's Day Luncheon with Pastor Russ Lockwood 12PM

Please call for a reservation by 5/9 at Noon.

5/15 OFA's 50th Anniversary Memory Maker Project 12:30 - 2PM

5/15 Bookclub/Day of Remembrance for past seniors. 10AM

5/16 Golden Griddle Breakfast 11:45 – 12:30PM

5/17 Coloring Class 10AM

5/20 Farm Animal Races 10AM

5/23 Tiny Gardens presentation by Kathleen, CCE 12PM

5/29 Legal Aid 9 – 12PM Please call for an appointment.

FIRST WARD (607) 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

Lunch served at 11:45 am call 607-729-6214 for reservations

Weekly Activities

Monday: JFF Pool League 9AM, Zumba 9:30AM (\$3), Bonesavers 10AM, Chair Yoga 11AM (\$5), Penny Bingo 12:30PM, Texas Hold'em 12:30PM

Tuesday: Shuffleboard 9AM, Knitting & Crocheting 9AM,

Progressive Pinochle 11:30AM, Int. Mahjong 12:30PM

Wednesday: Ceramic 9AM, Bonesavers 10AM,

Chorus 9AM (when in session, call for details)

Thursday: Sewing 9AM, Cornhole 1PM

Friday: Ceramic 9AM, Zumba 9:30AM, Bonesavers 10AM

Special Activities

5/2 Executive Board Meeting 9:30AM

5/3 BU Aging Brain Series: "Memory Across the Lifespan: What We Know and What We Can Do About It" 12PM

- 5/6 Breakfast for Lunch: Pancakes 10:45-12:15PM
- 5/7 & 21 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10-11:30AM, \$3
(advanced registration and payment required, 607-797-2307)
- 5/7 Naturalist, Rick Marsi, presents "Argentina" 12PM
- 5/10 Mother's Day Luncheon 11:45AM
- 5/10 Film Friday: "Mother's Day" 1PM (free popcorn, soda for sale)
- 5/13 Legal Aid 9AM (appointment required, please call)
- 5/14 Tiny Gardens presentation by Kathleen, CCE 12PM
- 5/14 Chop & Chat 1PM Reservations needed prior to 5/7 by calling 607-797-2307.
- 5/20 Breakfast for Lunch: Waffles w/Strawberry Topping 10:45-12:15PM
- 5/22 Spring Chorus Concert 1PM
- 5/24 Film Friday: "Poms" 1PM (free popcorn, soda for sale)
- 5/31 Ladies of Charity Fashion Show 1PM \$2/person

JOHNSON CITY..... (607) 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Thurs 9 – 4PM; Fri 9 – 2PM

Lunch served at 11:45AM

Weekly Activities

- Monday:** Bingo Board Sales 12:30 – 1:30PM;
Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2);
Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)
- Tuesday:** TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3);
Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee);
Table Shuffleboard 12:30 – 3:00PM (\$1)
- Wednesday:** Quilting 9 – 12PM; Bridge 10:30 – 2:30PM;
Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)
- Thursday:** Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)
- Friday:** Gentle Yoga 10 – 11AM (\$3);
Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 5/1 – 5/31 CHOW Food Drive – a barrel will be in the JCSC Lobby for dry and canned goods!
- 5/1 The Medicine Shoppe
(glucose, blood pressure & O2 checks) 10 – 12PM
- 5/2 Ways to Achieve Inner Peace 10 – 12PM
- 5/3, 5/10, 5/17, 5/24, 5/31 Poetry Group 12:30PM
- 5/6 Stay Healthy Caregiver Support Group 1 – 2:30PM
- 5/8 Discover Live (Stockholm, Sweden) 10:30 – 11:30AM
- 5/10 Mother's Day Luncheon 11:45AM
- 5/10 JCSC Quilt Drawing (JCSC Quilters) 12PM
- 5/14 Fall Prevention/Senior Safety Program
(Union Volunteer Emergency Squad) 10:30 – 11:30AM
- 5/14 CarFit (Broome County Traffic Safety) 11:30 – 1:30PM
- 5/15 Elderwood Village Q&A 10 – 1PM
- 5/15 First Ward Senior Chorus – Songs of the 60s 12:30PM
- 5/15 LGBTQ+ Senior Social Group 3 – 4PM
- 5/16 Legal Aid 9AM – 12 PM. Call 607-797-3145 for an appointment.
- 5/17 Tiny Gardens: Growing Food in Container Gardens
(Cornell Cooperative Extension) 10:30 – 11:30AM
- 5/21 + 5/23 AARP Driver Safety Class 1 – 4:15PM
(call 607-797-3145 to register)
- 5/24 Lourdes/Guthrie Mammography Van 9 – 3PM (call 607-798-5723)
- 5/29 Elderwood Village Q&A 10 – 1PM
- 5/29 Book Club 3 – 4PM (Victoria & Abdul by Shrabani Basu)

NORTHERN BROOME..... (607) 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon- Fri, 9 – 3PM

Senior Center Store: 9 – 3PM

Lunch served at Noon.

Weekly Activities

- Monday:** Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM
- Tuesday:** Osteo Bonesavers Class 10 – 11:00AM; Wii Bowling 10AM; Crochet & Knitting Class 9AM
- Wednesday:** Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM
- Thursday:** Pitch 9AM; Osteo Bonesavers Class 10 – 11AM
- Friday:** Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities

- 5/1 Mayday Celebration 10AM
- 5/7 & 21 Golden Agers 12PM
- 5/7 & 8 AARP Defensive Drivers Course 10 – 1:30PM
Please call to reserve your spot.
- 5/9 Breakfast for Lunch 10 – 12PM
- 5/10 Mother's Day celebrations 10:30AM
- 5/18 Auction – doors open at 10AM
- 5/30 Legal Aid 9 – 11AM Call to reserve your spot.
- 5/31 Burger Bar 11:30AM

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

NORTH SHORE..... (607) 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon- Fri, 10 – 2PM

Lunch served at Noon.

Weekly Activities

- Monday:** Wii Bowling 10AM
- Tuesday:** Greed Game 10 - 11:30AM
- Wednesday:** Shuffleboard 10AM; Greed Game 10 – 11:30AM
- Thursday:** Greed Game 10 - 11:30AM
- Friday:** Wii Bowling 10AM

Special Activities

- 5/1, 8 & 29 Indoor Walking Club 1PM
- 5/3, 17 & 24 Work on Gardens 11:15AM
- 5/10 Mother's Day Luncheon – Come get your nails done! 10:15AM
- 5/10 National Apple Pie Day 10:30AM
- 5/15 National Pizza Day 12PM Pizza for Lunch, \$5
- 5/21 OFA's 50th Anniversary Memory Maker Project 10AM
- 5/22 Outdoor Walking Club 1PM
- 5/31 Plant Gardens (Weather Permitting) 10:30AM

VESTAL..... (607) 754-9596

201 Main St, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

Center Hours: Mon-Fri, 9 – 2PM

Lunch served at 11:45AM

Weekly Activities

- Monday:** Mahjong 12PM
- Tuesday:** Pinochle (new players welcome), 9AM
- Wednesday:** Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome), 12PM; Oil Painting 1PM
- Thursday:** Card Group 9AM; Bingo 10AM; Ice Cream 12PM
- Friday:** Chef Salads 11:30AM (reservations required)

Special Activities

- 5/2 Loaded Hot Dog Bar 11AM
- 5/6 & 20 Chop and Chat 10AM
- 5/6 High King Card Game 12PM
- 5/8 OFA Nutrition w/Bridget & Donna: Healthy Eating on a Budget 10:15AM
- 5/8 Vestal Library Tech Help 10AM
- 5/10 Mother's Day Luncheon with Ice Cream for the Ladies 11:45AM
Please call for a reservation by 5/9 at Noon.
- 5/10 Mexican Train Game 12PM
- 5/13 Breakfast for Lunch 11AM
- 5/16 Discover Live: Virtually Travel to Milan, Italy 11AM
- 5/22 OFA's 50th Anniversary Memory Maker Project 10AM
- 5/24 Pizza or Chef's Salad 11:15AM
- 5/24 Bunko 12PM
- 5/28 Vestal Senior Club Meeting Day 12:15PM
- 5/29 Vestal Senior Club Bake Sale 10AM
- 5/29 Tiny Gardens presentation by Kathleen, CCE 10:15AM



The Memory Maker Project will be providing art workshops at the centers to help us celebrate 50 years of service!

Come join the fun as Memory Maker Project provides a variety of still-life objects that are thematically connected to the year 1974. Memory Maker will facilitate conversations using these objects as inspiration—where

Participants will be encouraged to exchange stories about their personal experiences, ideas, and opinions about the time period at hand. Participants will then be invited to paint the objects or respond to conversations through painting.

May:

- Deposit: May 14th at 11AM
- Eastern Broome: May 15th at 12:30PM
- Broome West: May 17th at 10AM
- North Shore Towers: May 21st at 10AM
- Vestal: May 22nd at 10AM

June:

- Northern Broome: June 4th at 10AM
- Johnson City: June 7th at 10AM
- First Ward: June 13th at 10AM
- Chenango Bridge: June 14th at 1PM

For those wishing to participate, OFA and Memory Maker Project are working on a collaboration with the Broome County Arts Council to frame and host a display at First Friday!

**Action for Older Persons (AOP)
Medicare Corner: Medicare Savings Program**

The income limits for the 2024 Medicare Savings Program (MSP) are out. The MSP pays the Part B premium (**\$174.70** per month) that is taken out of your Social Security. It also qualifies you for the Extra Help Program which pays for a drug plan up to **\$48.72** per month and lowers your drug copays to **\$4.50** for a generic and \$11.20 for a brand name. The MSP looks only at income, not savings or investments. **The new gross monthly income limits are \$2,355 per for single individuals and \$3,189 for married clients.** You may subtract from your income what you pay for health insurance premiums so call if you are within **\$100** of these income limits. Also, if you are working, less than half of your earned income is countable. Please pass this information on to your friends, relatives, and neighbors who you think may be eligible. The estimated value of a Medicare Savings Program is \$7100 per year.

AOP is the only local source of no cost, **unbiased** Medicare insurance counseling and financial assistance program application help. Our counselors are experienced, highly trained, annually certified by NYS and familiar with many local programs. Call **AOP at 607-722-1251** for help with the MSP application or for any of your other Medicare questions.

Woodburn Court 1 Apartments

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Binghamton, NY 13901
Call: (607) 723-7875
TDD: 711 Relay

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If you have a disability and need assistance with the application process, please contact Jared at (607) 723-7875.



The Origins of Memorial Day



Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared it should be May 30. It is believed the date was chosen because flowers would be in bloom all over the country. The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C.

Sourced from: <https://www.va.gov/opa/publications/celebrate/memday>

Senior Safety Day Event

CarFit is an educational program designed to help you explore the components of your vehicle with a trained technician to ensure the safest and most comfortable “fit” and keep you on the road longer! It’s free, it’s easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

Where: Johnson City Senior Center
30 Brocton Street, Johnson City, NY 13760

When: Tuesday, May 14th, 2024
Senior Safety: Inside and Outside the Home
Presentation 10:30-11:30PM
CarFit Event 11:30-1:30PM

Contact: Christine Marion, Broome County Health Department
607-778-2807
Christine.Marion@broomecountyny.gov



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Sudoku Answers

2	8	6	7	4	1	9	3	5
4	1	9	3	8	5	7	6	2
3	5	7	9	6	2	4	1	8
7	4	1	5	2	9	3	8	6
8	9	2	6	1	3	5	4	7
6	3	5	8	7	4	1	2	9
5	6	8	4	3	7	2	9	1
1	7	3	2	9	8	6	5	4
9	2	4	1	5	6	8	7	3

Grow Your Own Food- On a Small Scale!

Kathleen Cook, SNAP-Ed Nutrition Educator.
CCE Broome County



One way to know where your food comes from is to grow some in your own home! Container gardens are a simple way to have fresh nutritious vegetables readily available and can be a fun pastime tending the growing plants.

This time of year, gardening supplies are often on sale. Choose a lightweight container deeper than 12 to 18 inches with some drainage holes in the bottom. Add a nutrient rich quality potting soil that allows the roots to grow, retains moisture, but also drains well. Leave about an inch of space at the top of the pot, so when you give it water it doesn't run over the edge.

Read the seed and plant information provided to know what amount of sunlight is needed for your specific plant. Leaf lettuces, spinach, and parsley grow quickly and provide a continuous harvest by just clipping the leaves you want to eat at the base of the plant. More will grow from that same plant. Small tomato varieties, radishes, cucumbers, peas, and beans, and many varieties of herbs like basil, cilantro, oregano, and rosemary also grow well in containers

If you receive SNAP, plants, and seeds to grow food can be purchased using your benefits at stores that accept SNAP. This includes herbs sold growing in pots of soil at the store. Give it a try and enjoy the "fruits" (or vegetables) of your labo

Laugh Break!

How did the bee brush his hair?

With a honeycomb.

Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

Tech 360 Computer & Internet Basics Two-Week Courses!

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the **two-week** course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once.

Call the Tech Center at **607-757-5359** for more information.

We offer many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gjitechcenter@gmail.com for more information!

George F. Johnson Memorial Library
1001 Park St.
Endicott, NY 13760

The library has multiple classes you can watch on your own time. Visit <https://www.gjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

George F. Johnson Tech Center comes to the Broome West Senior Center!

Wednesday, May 8th 11AM
Topic: Internet Scams
Offering one on one tech assistance!

One-on-One Technology Assistance

Broome County Library: Assistance is available every Thursday from 1 – 3 PM. Call **(607) 778-6451** or email bcplreference@gmail.com to book a 20-minute session.

Nineveh Public Library (Tech Talk for Seniors): Technology assistance and answers to your questions are now available! Call the Library for details. **(607) 693-1858**

**"Age is irrelevant.
Ask me how
many sunsets I've
seen, hearts I've
loved, trips I've
taken, or concerts
I've been to. That's
how old I am."**
- Joelle

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Eating Healthy on A Budget - Mini Workshop

With food prices rising, the grocery bill is giving many people sticker shock. It is critical for good health not to toss out healthy eating goals when the food budget gets squeezed.



To address food budget challenges, the Office for Aging Nutrition Team will be facilitating an interactive 30-minute workshop called, "Eating Healthy on a Budget" in May & June at most area senior centers.

During this workshop we will be sharing smart-shopping and meal-planning tips authored by experts in the field as well as hearing/sharing money saving ideas sent into the Office for Aging from Broome County residents like yourself.

We look forward to seeing you at one of these scheduled workshops as scheduled below. No registration for this workshop is required and walk-ins are welcomed. If you have any questions, please call the Office for Aging at 607-778-2411.

- Johnson City Senior Center** - Tuesday, May 7th at 10:15AM
- Vestal Senior Center** - Wednesday, May 8th at 10:15AM
- Chenango Bridge Senior Center** - Friday, May 24th at 12PM
- Deposit Senior Center** - Tuesday, June 4th at 12:30PM
- Broome West Senior Center** - Friday, June 7th at 12:15PM
- First Ward Senior Center** - Thursday, June 20th at 12PM
- Eastern Broome Senior Center** - Thursday, June 27th at 12:15PM



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Saturday, May 18th

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701 W Main St, Endicott

Doors open at 9:30am • Games start at 10am
Questions (607) 754-2660

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Broome County
Office for Aging 

WE ARE
HIRING!
JOIN OUR AMAZING TEAM

Come Join the Team at Broome County Office for Aging!
We are now hiring for the below positions:

- Foster Grandparent Classroom Volunteer
Income Eligibility Required
No Civil Service Exam Required
Monday - Friday; Hours Vary
- On Call Leisure Time Activity Leader
Yesteryears: Group Respite Program
No Civil Service Exam Required
Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Yesteryears: Group Respite Program
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Monday – Friday; Hours Vary
- On Call Senior Site Supervisor
Senior Centers
No Civil Service Exam Required
Monday – Friday, Hours Vary
- Senior Account Clerk
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Civil Service Exam Required* Hiring Provisionally until the test becomes available
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Part Time

To inquire about these positions call Mary at OFA at
607-778-2411

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

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-Julie S., Binghamton

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May Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$4.00 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$5.00 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

A few of the Fun Events this May at your local centers! <i>Thursday, May 9th – Evening meals at the Broome West & Deposit Senior Centers.</i> <i>Friday, May 10th – Mother’s Day Luncheon at participating Senior Centers.</i>		Roast Turkey 5/1 Apple Bread Dressing Corn Bread Pudding	Sloppy Joe Sandwich 2 Red Potato Salad Baked Beans Sherbet Cup	Salisbury Steak 3 OR Herbed Broiled Fish Cheesy Potatoes Stewed Tomatoes Oatmeal Cookie
Four Cheese Macaroni & Cheese 6 Stuffed Pepper Soup Carrots Chocolate Chip Cookie	Pub Burger 7 Broccoli Cheddar Soup Fruit Cup Chocolate Cake	Halupki OR Chicken Cutlet 8 Mashed Potatoes Peas w/Pearl Onions Mandarin Oranges	Vegetable Lasagna Casserole 9 Wax Beans w/Pimento Garden Salad Snickerdoodle Cookie	Mother’s Day Luncheon! 10 Shrimp Scampi OR Ham over Alfredo Pasta Broccoli Lemon Meringue Pie
Breaded Chicken Sandwich 13 Beef Vegetable Soup Cut Green Beans Oatmeal Raisin Cookie	Pierogies w/Kielbasa 14 Garden Salad Chocolate Chip Cookie	Teriyaki Chicken OR Liver w/Onions 15 Roasted Red Potatoes Oriental Blend Vegetables Tapioca Pudding w/Mandarin Oranges	Manicotti 16 Sausage Florentine Soup Cauliflower w/Parsley Peach Cobbler	Turkey & Provolone OR Egg Salad On Marble Rye Bread 17 Macaroni Salad Fruit Cup Sugar Cookie
Ziti Sausage Bake 20 Carrots Wax Beans Double Chocolate Chip Cookie	Pub Burger Or Fish Sandwich 21 O’Brien Potatoes Peas Mandarin Oranges	Chicken Salad Croissant 22 Tomato Florentine Soup Cottage Cheese Pineapple	Chicken Florentine OR Halupki 23 Mashed Potatoes California Blend Vegetables Chocolate Pudding	BBQ Meatball Sub Or Tuna Salad Sub 24 Baked Beans Red Potato Salad Sherbet Cup
Centers Closed in Observance of Memorial Day 27	Breaded Chicken 28 Roasted Potatoes Corn Peaches	Kielbasa OR Beer Battered Fish 29 Pierogies w/Onions Broccoli Florets Apple Crisp	Chili over a Baked Potato 30 Country Blend Vegetables Ice Cream Cup	Grandma’s Meatloaf OR Fish Florentine 31 Mashed Potatoes French Cut Green Beans Spice Cake

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging



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Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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