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Step into the New Year: Be Well. Be Mindful. Be Your Best.

Inside this Issue...



As we ring in 2022, many of us will take a moment to set our intentions for the coming year. Intentions help us to evaluate our priorities, identify opportunities to improve areas of our life, and become more mindful. The National Institute on Aging describes mindfulness as

“being aware of what’s happening in the present, both inside and outside of your body.” Focusing on the present brings our attention away from worrying about the past or the future, leaving space to take life one day at a time and live it to the fullest. Setting an intention to take care of ourselves each day means that we will nurture our emotions, our social connections, our hobbies and interests, our diet, our physical activity routine, and any other important parts of our lives. This edition of the *Senior News* provides suggestions to inspire you along the journey. We invite you to step into the new year this way:
Be well. Be mindful. Be your best.

Happy New Year from the Office for Aging.

On Monday, January 17, we pause to pay tribute to the contributions of Dr. Martin Luther King, Jr.

Let us remember Dr. King’s wise words about helping others and building caring communities:

“Everybody can be great...because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

May the legacy of role models like Dr. King continue to inspire us in all that we do.

Broome Age-Friendly Project

Broome County embarked on the process of working towards becoming a more age-friendly community in 2019. A plan for community improvements was developed over the course of ten months, and the Broome Age-Friendly Action Plan received approval from AARP in the fall of 2020. This multi-year action plan for community improvements covers a wide range of goals related to information and communication, community supports and health services, respect, social inclusion, civic participation, and employment, transportation, housing, and outdoor spaces and public buildings.

Starting in early 2021, planning and implementation of the Broome Age-Friendly Action Plan began. A number of ad hoc and ongoing workgroups were convened to begin working on various steps in the plan. The workgroups have consisted of community volunteers, government and nonprofit professionals, Office for Aging staff, and Binghamton University interns.

Some areas of implementation had to be put on hold due to the pandemic as key partners dealt with unprecedented challenges and resources were not available for new initiatives. However, some new opportunities also emerged during this time and some services were started that were not in the original plan. Now, more than ever before, we are seeing how important it is for our community to be age-friendly!

In January 2022, the Broome Age-Friendly Project website page will include a first status update on implementation of the action plan. You can view this update at the website listed below. If you do not have access to the internet, call **607-778-2411** for a copy to be mailed to you.

If you would like to assist with implementation of the action plan, please email OFA@BroomeCounty.US or call **607-778-2411**.

Broome Age-Friendly Project website:
<https://www.gobroomecounty.com/senior/Age-FriendlyCommunityInformation>



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

Like Us! Follow Us!

Don’t miss out on any Office for Aging events & news!

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

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Stepping into the New Year with Physical Activity

Looking for a new workout routine in 2022? Many senior centers offer fun classes that will not only help you physically, but will also keep you socially connected. Here are just some of the newer classes being offered in 2022:

Bingocize®- Coming in January of 2022. A 10-week evidence based program that combines the game of bingo and exercise with health education. This program promotes physical fitness, health knowledge and social engagement. There is no fee for this class. Pre-registration required.

Tai Chi for Beginners - Coming in January of 2022. An 8-week evidence based program offered at Broome West Senior Center in Endwell, featuring Sun-style Tai Chi movements proven to prevent falls and particularly beneficial to those with arthritis. See Page 9 of this paper for more details. Pre-registration required.

Walk with Ease - Coming in May of 2022. A 6-week evidence based program offered in a group setting outdoors with the leadership of a walking coach, proven to reduce the pain of arthritis and improve your overall health. Enjoy stepping your way to wellness with the friendly support of your peers, and learn goal-setting strategies and fitness tips along the way. Pre-registration required.

Exercise Drum - Ongoing. Calling all music lovers: Northern Broome Senior Center in Whitney Point has a new chair drum cardio exercise class. Come groove to the classics with our leader, Orvetta Ellerson! There is no fee for this class and it is ongoing.

For a full listing of all Health and Wellness activities, please refer to page 4 of the Senior News.

To pre-register for an evidence based class, including Bingocize, Walk with Ease, or Tai Chi for Beginners: Call **(607) 778-2411**.

Are you looking to step into the New Year with something more traditional? Join our at-home exercise program.



Our at-home exercise booklet is a great tool for staying active in the comfort of your own home. Simply call the Office for Aging at **(607) 778-2411** to request a paper copy of the booklet. The booklet will include activities with picture demonstrations so that you can follow along at home without any special exercise equipment. You will learn convenient ways to keep moving each day, such as doing chair exercises and stretches. You can exercise conveniently at your own pace as it fits into your day.

LYCEUM Winter Session on Zoom and/or In Person

Lyceum is a community education program for intellectually curious adults. The program covers a varied range of topics taught by volunteer educators and group facilitators who are knowledgeable on the topic being covered.

- Attend on Zoom or in-person. Classes are recorded so they can be viewed later.
- Be sure to check out the course catalog of options for January and February.
- Register online at www.Lyceum.binghamton.edu, or check out our Facebook page at Binghamton University Lyceum.
- Most classes are held at WSKG, 601 Gates Road, Vestal, NY. Daytime, evening and weekend programs are now available.
- There are no tests.

Please contact the Lyceum office at **607-777-2587** or email lyceum@binghamton.edu for further information

Calling all Poetry Enthusiasts

The Johnson City Senior Center invites you to join their online poetry group. You will receive weekly poems by established poets to read and comment on. For more information, call **607-797-3145**.

Mark Your Calendar! Upcoming Community Events

Guided Mansion Tour

Phelps Mansion
191 Court Street, Binghamton
Fridays, Saturdays and Sundays

Step back in time and experience the Gilded Age through a one-hour tour of the historic Phelps Mansion. Explore one of Binghamton's most historic homes. The tour will include the 1st and 2nd floors of the mansion, and the mansion is handicapped accessible. The tour costs \$5 for seniors ages 60+, \$7 for adults, \$5 for students ages 13+, and children are free. Book online by clicking on the "Tour Information" box on the organization's main page, link below. To reach the mansion, call **607-722-4873**.

<https://phelpsmansion.org/>

Wallenberg Festival

Broome County Forum Theatre
236 Washington Street, Binghamton
Saturday, January 29th from 7:30 pm-10 pm

The Binghamton Community Orchestra, the Binghamton Youth Symphony, and the Binghamton Philharmonic Orchestra celebrate the lasting legacy of Fritz and Marianne Wallenberg's symphonic music. These three local orchestras trace their roots back to the Wallenbergs. Tickets are available through the Binghamton Philharmonic's website below or call **607-723-3931**, extension 1 for the box office.

<https://www.binghamtonphilharmonic.org/upcoming-concerts-pg.html>

Binghamton Black Bears Hockey

Visions Federal Credit Union Veterans Memorial Arena
1 Stuart Street, Binghamton
January 7, 8, 14, 16, 21, 22, 27, 28 from 7 pm-10 pm

Bear Down and join the Binghamton Black Bears for their inaugural season playing in the Federal Prospects Hockey League (FPHL). Game tickets are \$3 off for seniors age 55+. The Arena can be reached at **607-778-1528**.

<https://www.binghamtonblackbears.com/>

Medication Safety: What's the Big Deal?

Medication safety is important within any household to ensure it does not get into the wrong hands. See the top 6 reasons medication safety is important:

1. Medication prescribed by a doctor is meant to be helpful. Unfortunately, medications that aren't properly stored and monitored can pose a public health risk.
2. Certain medications are sought out by those with a substance use disorder because of their addictive nature, especially opioids and benzodiazepines. Additionally, children and even pets can be curious about medications and unintentionally ingest them. According to the CDC, there were 26,400 unintentional drug overdose deaths occurred in the United States in 2006.
3. According to the American Medical Association, in a review of 6 studies involving 810 unique patients who underwent surgical procedures, 67% to 92% of patients reported unused opioids. At the same time, rates of safe storage and/or disposal of unused prescription opioids were low. This means those unused and unmonitored medications were available for curious children, pets, and drug-seeking individuals.
4. You can prevent drug poisoning, misuse, and overdose in our community by bringing expired and unused medications to drop-off locations across Broome County. Visit <https://ourhighstakes.com/script-safety/#locations> for more information on locations.
5. Never flush or throw out medications. Drugs thrown in the trash can be retrieved by others, and flushing drugs down the toilet can contaminate the water supply.
6. If you're unable to make it to a medication-drop box location, safe disposal is still easy and convenient at home with Deterra Drug Deactivation Bags.

Helpful information on this topic will be offered at local Broome County Senior Centers. Be on the lookout for an information session coming to your location!

Caregiver Corner

... ideas and information for people caring for others.



Caregiver Chat Groups

Let's Chat! These informal discussions are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

The Stay Healthy Caregiver Chat:
Location: Johnson City Senior Center, 30 Brocton Street, Johnson City
Date: Monday, January 3
Time: 1:00-2:30 PM

The Wayne Street Caregiver Chat: participants use the Zoom platform or phone
Date: Wednesday, January 19
Time: 9:30-11:00 AM
Zoom address:
<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>
Zoom ID: 98867802737
Zoom Password: 037464



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Scam of the Month

Dating/Romance Scams

Winter weather can cause people to become more socially isolated than they would be in the warmer months. Less socialization opportunities and cold weather tend to keep us inside. Add in the Coronavirus, and we are seeing a trend of loneliness like we have never seen before. Loneliness has a huge effect on our mental and physical health.

Dating or “romance scammers” specifically target people who are looking for companionship. These scammers are impersonating someone who you would relate to, even though you have never met them in person.

Romance scammers use sad stories to convince their victims that they need money or goods for a variety of reasons (emergencies, bad luck). The scammers contact people through a variety of different mediums including dating websites, phone calls, e-mail, and text messages. Most reports of romance scams result in bank transfers, money orders, sending of gift cards, presents, and even sending scammers bank cards directly. Here’s an example: In the UK, there was a 20% increase in bank fraud relating to romance scams in 2020. A statistic like this one suggests romance scamming is a worldwide issue.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

“Walking in a Winter Wonderland” Join the Nature Walking Club this Season



Enjoy winter scenery this season with the Nature Walking Club. Each group walk will be held weather permitting. Each participant will walk at their own risk. All walks will be done on paved pathways. We will explore native and invasive plants, as well as the history and lore of the places we visit. Be aware of alternate side of the street parking rules, please.

- **January 13, 10 am: Spring Forest Cemetery, Binghamton**
Meet at entrance on Mygatt Street.
- **January 27, 10 am: Rail Trail in Vestal**
Meet at the Coal House on Stage Road off N. Main Street.
- **February 10, 10 am: Floral Park Cemetery in Johnson City**
Meet at entrance on Floral Avenue.
- **February 24, 10 am: Vestal Hills Cemetery in Vestal**
Meet at entrance on Vestal Road.
- **March 10, 10 am: Otsiningo Park off Bevier Street in Binghamton**
Meet 3rd parking lot on right.
- **March 24, 10 am: Calvary Cemetery in Johnson City**
Meet at cemetery entrance on Fairview Street.

Advance reservations are **not required**. Please note that pandemic safety protocols will be followed, as required. For more information on the walks, please call Mary Lou at (607) 343-4985.



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FYZICAL Riverside
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Bing, NY 13905

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 or Betty, (607) 354-4260

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Stay Engaged this Winter: Don't Let Those Flurries Keep You From Having Fun, Keeping in Touch, Being Creative, and Staying Active

When babysitting your grandchildren:

- With infants and toddlers, play games that get your bodies moving: Wheels on the Bus, Pretend We're Animals, and Hide-and-Seek.
- With school age children, build a fort—indoors or out. Or play a video fitness game together and see who wins! If it's a pleasant snowy day, head out and build a snowman together.
- With teenage grandchildren – have a family recipe day. Pass down your famous dishes to your grandchildren. Talk through each recipe that you share, and answer all their questions so that baking times, measurements, and final touches will come out just the way you have always done it. Then select a recipe to make together with your grandchildren. Let them do most of the work while you coach them along.
- Source: <https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active#family>



When it's too cold to go out:

- Make a list of all the friends and family members you want to stay in touch with by phone through the winter. The next time you're stuck inside, pick someone off your list and brew a cup of coffee or tea. Call that person to chat and catch up as if you were in a coffee shop together.
- Keep a puzzle going on a free table in your home. Complete a few pieces of the puzzle each day you spend inside. By spring, your puzzle will be complete. Consider framing your puzzle and hanging it on a wall (as a spring project to look forward to). Ask your local craft store about gluing or taping your puzzle to keep it together in its frame.
- Get some blank greeting cards and stamps to keep on hand. Writing handwritten notes are a great way to share well wishes to those you love, and they add a personalized touch to the "hello" that you are sending.
- Have a themed dinner party at home, even if you are only cooking for one. For example, make it a "Taco Tuesday" with your favorite taco, burrito, quesadilla, or rice casserole. Or, have a "Day at the Shore" with clam chowder, a tuna melt, or whatever seafood dish strikes your fancy. Select the entrée, sides, and dessert with your theme in mind.
- Make it a Stay-Cation when you can't leave home for a vacation. Plan out your weekend as if you are treating yourself. Perhaps you'll make a special breakfast, and then take in a matinee in your living room with your favorite movie. Play your favorite music in the afternoon as if you're at a live concert (dance, sing along, and make up the words if you need to!). In the evening, enjoy your favorite homecooked meal and make your place setting at the table feel special as if you are in a restaurant.

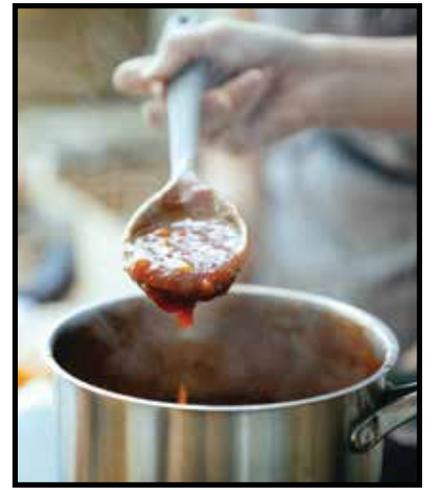


When you're missing those summer picnics in the park:

- Have a chili cook-off with your friends. Invite each person to make their own batch of chili and then share a sample. After the taste-test, select a winner (and a runner up, if you must). If chili is not your

favorite, do a cook-off with soup, stew, pizza, cookies, pie, or any of your group's favorites. Make it a friendly competition.

- Have a lunch gathering at your local senior center. Invite your friends and plan the day and gathering time in advance. Bring family photos and good stories to share.
- Try Wii bowling with a friend; a strike might be easier than you think! Most local senior centers have Wii bowling set up for play. This video game-style bowling feels just like you're playing in a bowling alley, without the hassle of renting bowling shoes or getting that bowling ball out from storage. Simply contact your local center to inquire about availability and schedule for play. Invite a friend, and make an afternoon of it.



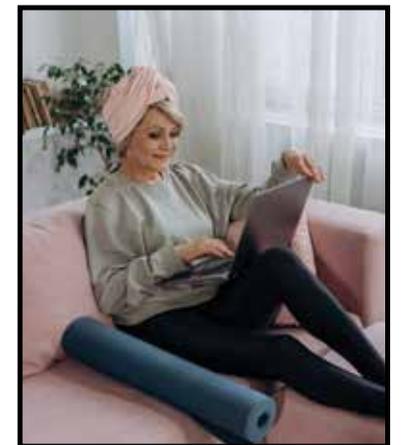
When you want to make the most of your electronic devices to connect with others online:

- Remember that virtual programs are available. To learn more before you enroll or to receive help setting up your access to these programs, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecounty.us

VSC Selfhelp: Virtual Senior Center Program

The Virtual Senior Center (VSC) is a community-building platform that helps older adults connect and engage with each other through virtual or hybrid classes and events. VSC offers daily online activities, including: chat groups, exercise, art, crafts, history, science, and music classes.

- To see the full class schedule, please visit <https://www.vscm.selfhelp.net/calendar>
- To enroll in the VSC, please call the Broome County Office for Aging at (607) 778-2411 or email ofa@broomecounty.us



Get Set Up

Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage of free classes.

- To see the full class schedule, please visit <https://www.getsetup.io/schedule>
- To enroll in Get Set Up, please visit <https://www.getsetup.io/partner/nystate>

Senior Planet: AARP

Senior Planet offers free classes that encourage older adults to learn new skills, save money, get in shape, and make new friends.

- To see the full class schedule and enroll, please visit <https://seniorplanet.org/>

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HEALTH & WELLNESS

Chair Yoga

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

Monday 11:00 am First Ward Senior Center (Binghamton) (\$5)
 Thursday 1:00 pm Broome West Senior Center (Endwell) (No fee)

Bonesaver Class

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

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

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. \$3 charge for this class.

Monday 9:30 am First Ward Senior Center (Binghamton)
 Friday 10:00 am Johnson City Senior Center
 Monday 9:30 am Broome West Senior Center (Endwell)

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday 10:45 am Johnson City Senior Center
 Friday 10:00 am Broome West Senior Center (Endwell)

Zumba

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

Tuesday 12:30pm Johnson City Senior Center (\$5)
 Mon & Fri 9:30am First Ward Senior Center (Binghamton) (\$3)

Stretch & Strength Class

No Fee for this class.

Tuesday 1:00 pm Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge for this class.

Thursday 10:00 am Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Thursday 1:00 pm Johnson City Senior Center
 Friday 9:30 am Eastern Broome Senior Center (Harpurville)

Chair Exercise

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

Tues & Thurs 10:30 am Broome West Senior Center (Endwell)
 Friday 12:30 pm Johnson City Senior Center

Drum Exercise Class

Chair exercise using cardio drumming for seniors. No fee for this class.

Monday 1:30 pm Northern Broome (Whitney Point)

Exercise equipment available daily at the following Senior Centers:

Broome West Senior Center, Northern Broome Senior Center,
 First Ward Senior Center, Johnson City Senior Center

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

Grace's Place

Attention Caregivers:

Free Senior Respite is Provided by Grace Lutheran Church

Date: The 2nd Saturday of Every Month

Time: 1-4 pm

Location: Grace Lutheran Church, 709 Main Street, Vestal

Contact: (607) 748-0840 or email gracevestal709@gmail.com

Requirements: Masks and Covid-19 vaccinations are required of all participants and volunteers. Guests should be able to eat and toilet independently.

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



Into the New Year: What's Next?

Downsize & Declutter Discussion

Tuesday, January 11, 2022, 3 pm

Meet In-Person at Broome West Senior Center or Remotely on Zoom

The hustle of the holiday season is over, so what's next? For many, the new year is a time to set goals for action in the coming months. Get out a pencil (or keyboard), write down your declutter goal(s), and get to work. Action leads to clarity. You're allowed to adjust your goals, but first you have to write them down as a starting point.

Pre-registration is not necessary unless you have a question or need the Zoom link. For more information, please call Joan at (607) 754-1230 or email spraguejm@verizon.net.

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 9.

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

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Step into the New Year

Be Well. Be Mindful. Be Your Best.

The calendar below provides a health and wellness suggestion for each weekday of January.

Follow along with us and use these tips to put your best foot forward as you start 2022.

Be sure to check with your healthcare provider before starting any new dietary or fitness routine.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SET INTENTION 3 In a journal, write a description of your intention to have a healthy & happy new year. Be specific. What improvements would you like to make to feel better? Become aware of your goals.</p>	<p>FIND A PHRASE 4 Select a motivational quote that inspires you when you need a lift. Keep that quote tacked to the fridge or bathroom mirror... wherever you are sure to see it. Be mindful about appreciating wise words.</p>	<p>MINDFUL MEALS 5 When eating a meal today, sit at a table and enjoy it slowly. Turn off the TV and put down your phone. Focus on appreciating the food and noticing the flavor and textures. Don't rush.</p>	<p>FOOTWEAR 6 If you plan to be more active this winter, check your footwear. Wear shoes that fit properly with non-slip soles. Most falls can be prevented by using small tips like this one to make each step a safe step.</p>	<p>VEGGIE FRIDAY 7 Set out to try a vegetable you have never had, or one that you have not eaten in some time. If using canned veggies, rinse with water & drain before use to reduce sodium intake.</p>
<p>PANTRY POWER 10 Setting yourself up for a healthy, successful eating routine starts in the pantry. Clean your pantry. Organize your canned goods and boxes. Keep healthy foods easily within reach and well-stocked.</p>	<p>SWEET DREAMS 11 Are you getting enough sleep each night? Are you taking time to wind down before bed? Is your sleep environment quiet and free of distraction? Be mindful about making rest a priority.</p>	<p>TOE TAPPING! 12 Dancing is great exercise. It gets us moving and makes us feel good. Pick a favorite upbeat song and move to the beat. Dance standing or sitting in a chair and tap those toes.</p>	<p>CASSEROLE? 13 The recipe section of this paper lists healthy "makeovers" for classic casseroles. Try one of these recipes or find one in a favorite cookbook or magazine. Don't forget to add in colorful veggies!</p>	<p>MINDFUL MOVES 14 Activities like yoga, Tai Chi, and even gentle stretching can help us slow down our minds and bodies and focus on each motion we complete. Try mindful activities like these to destress/recharge. See Page 9 for more info.</p>
<p>HOUSE WALK 17 House walking is an easy way to get in extra steps when it's cold outside. For example, walk down the hall, around the dining room table, and back down the hall to the bedroom.</p>	<p>WATER WOES 18 We've all read it, heard it, and seen it on TV. Drink more water and stay hydrated. It's tough to do! Spruce up your water today with sliced fruit, or try sparkling water or flavored seltzer. Get creative. It's appealing!</p>	<p>CHECK-IN 19 Take a moment to check-in with yourself. How is your body feeling? How has your eating routine been? What have you done well so far this new year? Reflect on a positive change made.</p>	<p>BUDDY-UP 20 Sharing our wellness goals with a trusted friend can give us support and motivation to keep going. Call a friend and chat about your wellness journey. Share the struggles and the successes, and be honest.</p>	<p>SWEET TOOTH? 21 If you are trying to curb that sweet tooth, remember that fresh fruits often satisfy our cravings. Oranges, for example, provide a sweet burst of Vitamin C and other good nutrients...to be enjoyed guilt-free!</p>
<p>TEAM WORK 24 If you would like the support of a "team" to cheer you on, consider joining a senior center fitness class. Many are free of charge. (See Page 4 for schedule.)</p>	<p>COMPASION 25 Sometimes we can be hard on ourselves when we don't meet a goal quite the way we intended. If you are struggling, choose to be as kind to yourself as you would be to someone else. Think and talk positively.</p>	<p>READ ON! 26 Stop at a library or bookstore and pick up a book on health and wellness that interests you. The more we read, the more we learn. The more we learn, the more tools we have along the journey.</p>	<p>SNEAKY STEPS 27 Steps can be taken in surprising places. During the commercial break of your next TV show, stand and take steps in-place. While waiting for the microwave to beep, take extra steps around the kitchen. They all add up!</p>	<p>FRIDGE FINDS 28 Instead of grabbing fast-food or takeout tonight, check your leftovers from the week. Extra veggies in the back of the fridge? Use them in an omelet, stir fry, or soup. Food cooked at home often has less fat and sodium.</p>

MONDAY, JANUARY 31:

Congratulations! If you used 1 or more of the tips on this calendar, you have made progress toward "stepping into the new year" with your best foot forward. **Tell us about what healthy changes you made this January. All contributors will be entered into a prize drawing to win a reusable water bottle, pedometer (digital step counter) and 2 complementary meal tickets to a Broome County Senior Center.** Did you know that meals at centers offer 1/3 of the Recommended Dietary Allowance (RDA)? This means that you will enjoy a well-balanced plate. Also available upon request is a No Concentrated Sweets (NCS) menu for those watching sugar and calorie intake.

Mail a brief testimonial about how you "stepped into the new year" with the help of this calendar to:

Broome County Office for Aging, PO Box 1766, Binghamton, NY, 13902 - Attn: Senior News - Or Email: ofa@broomecounty.us

Include your name, phone number, and mailing address so that you can be contacted if you win the prize drawing.



Comforting Casseroles

Halupki Casserole

Packing veggies into your casseroles not only adds vitamins and nutrients, but it also bulks up your recipe without relying on added sugars or fats. Cabbage is the star of this dish, bringing fiber, vitamin K, vitamin C and folate to your plate. Instead of 80% lean ground beef, select 90% lean ground beef and drain off any fat after cooking. Brown minute-rice and tomatoes are added to make this a quick, easy, and healthy recipe.



Ingredients

- 1/2 pound ground beef (90% lean)
- 1 onion (chopped)
- 1 garlic clove (minced)
- 1 can diced tomatoes, low-sodium (16 ounces)
- 1 1/2 cups tomato sauce (or tomato juice)
- 1 1/2 cups water
- 1/4 cup minute rice (brown)
- 1 cabbage head (small to medium, chopped in bite-sized pieces)

Directions

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer. Serve.

Nutrition Info Per Serving: Calories 124, Fat 3 g, Sodium 173 g, Carbohydrates 17 g, Total Sugar 7 g, Protein 8 g. Serves 8.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cabbage-roll-casserole>

Potato Spinach Casserole

Ideal for brunch or dinner, this recipe incorporates fresh and colorful vegetables into a traditional potato casserole. Reduced fat cheeses, egg whites and nonfat milk help lower the overall fat content of the dish.



Ingredients

- 1 2/3 cups frozen hash browns, country style (about 12 ounces, thawed)
- 1/2 cup green pepper (finely chopped, divided)
- 1/2 cup onion (finely chopped, divided)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 can evaporated milk, nonfat (12 ounces)
- 6 egg whites from large eggs (3/4 cup)
- 1/2 cup cheese, reduced-fat sharp cheddar, shredded
- 1/2 cup cheese, reduced fat Monterey Jack, shredded
- 1 cup spinach (washed and chopped, fresh)
- 1/2 cup tomatoes (chopped, fresh)

Directions

1. Preheat oven to 425 degrees.
2. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper.

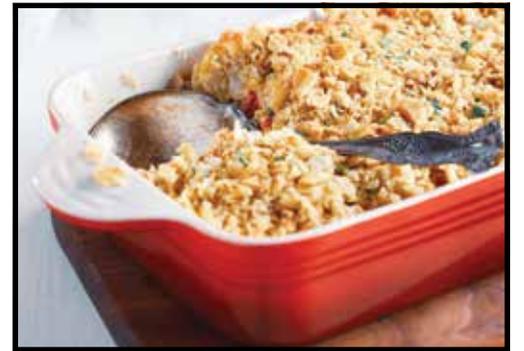
3. Spray 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
8. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot. Cover and refrigerate leftovers within 2 hours.

Nutrition Info Per Serving: Calories 124, Fat 3 g, Sodium 173 g, Carbohydrates 17 g, Total Sugar 7 g, Protein 8 g. Serves 8.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/potato-spinach-casserole>

Tempting Tuna Casserole

Give this classic cold-weather recipe a makeover by cutting fat and sodium while keeping all of the savory flavor. Reduce fat by using nonfat milk instead of mayonnaise, butter, or whole milk. Reduce sodium by using low-sodium cream of mushroom soup. Consider fiber-rich whole wheat pasta instead of white flour pasta. Enjoy it with roasted sweet potatoes or winter squash for a colorful, nutritious meal.



Ingredients

- 1 cup water
- 5 ounces wide egg noodles (or sub other pasta noodle, such as broken-up spaghetti)
- 1 can cream of mushroom soup (10.75 ounce)
- 1/3 cup skim (nonfat) milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup breadcrumbs (fresh)

Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot. Cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the water, soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with breadcrumbs.
8. Bake for 30 minutes.

Nutrition Info Per Serving: Calories 263, Fat 12 g, Sodium 678 g, Carbohydrates 24 g, Total Sugar 9 g, Protein 15 g. Serves 6.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-tuna-casserole>

Old Fashioned Bread Pudding

Don't forget dessert casseroles this winter. Bread pudding stands the test of time as a classic with a few modern twists. Use nonfat milk instead of cream, half and half or whole milk. Avoid the hassle of turning on the oven if you are pressed for time, and cook this recipe conveniently in the microwave. Both microwave and oven directions are included below.



Old Fashioned Bread Pudding Recipe Continued

Ingredients

- 5 slices bread, white or wheat
- 2 tablespoons margarine or butter
- 1/4 teaspoon cinnamon
- 1/3 cup sugar, white or brown
- 1/2 cup raisins
- 3 eggs (or 1 egg + 2 egg whites)
- 1 1/2 cups nonfat milk
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Directions

1. Spread one side of bread with margarine or butter. Sprinkle with cinnamon.
2. Cut into 1-inch cubes.
3. In lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow microwave or oven method below.

Microwave Method:

1. In bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly blend.
2. Cover, microwave on HIGH for 5 minutes. Turn dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm and center is almost set).
3. Let sit covered for 10 minutes before serving. Serve warm or cold. Refrigerate leftovers.

Oven Method:

1. Preheat oven to 350 degrees. In a bowl, blend eggs, 2 cups (instead of 1 1/4 cups for microwaving) milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
2. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
3. Serve warm or cold. Refrigerate leftovers.

Nutrition Info Per Serving: Calories 263, Fat 12 g, Sodium 678 g, Carbohydrates 24 g, Total Sugar 9 g, Protein 15 g. Serves 6.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-tuna-casserole>

Changes to SNAP (a.k.a. Food Stamps)

If you are age 60+ or collecting disability, access to SNAP just became easier. Changes that were made include:

- **Simplified Application:** The application is shorter and requires less information to complete.
- **Less Recertifications:** Qualifying SNAP applicants will only be required to recertify every 3 years instead of every year.
- **Interview Requirements:** Previously, everyone recertifying for SNAP was required to complete an interview. This will no longer be required at the time of recertification.

Unsure if you qualify for SNAP? See the maximum allowed income below:

- **1 person household: \$1,396**
- **2 person household: \$1,888**
- **3 person household: \$2,379**

If you would like an application for SNAP or have additional questions about it, please call the Office for Aging at **607-778-2411**.

Laugh Break!

Why don't mountains get cold in the winter?

They wear snowcaps.

Heating Emergency? Apply for HEAP

If you have no heat or are getting low on a deliverable heating source such as oil, propane, kerosene, wood, wood pellets, or coal, the Home Energy Assistance Program (HEAP) may be able to help those who qualify. Starting on January 3rd, you can apply for an Emergency HEAP benefit through The Career & Community Services Center of Broome County (formerly called Department of Social Services) by calling **607-778-1100, extension 8**. Please note that you must apply for Regular HEAP before you apply for Emergency HEAP.

The Regular HEAP Benefit season opened on October 1st, 2021, and is scheduled to close on March 15th, 2022, or when funds are exhausted. There are several ways you can apply for a Regular HEAP Benefit. Apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

The Career & Community Services Center of Broome County accepts applications for Regular HEAP Benefits for homeowners and renters under age 60 and not disabled. Call **607-778-1100, extension 8**.

Broome County Office for Aging (OFA) accepts applications for Regular HEAP Benefits for homeowners and renters who are age 60 or over and for those who receive Supplemental Security Income (SSI) or Social Security Disability (SSD). To request a paper application, leave a message on the OFA HEAP line at **607-778-2063**.

Those receiving the Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and should speak with a caseworker at **607-778-1100**.

The 2021-2022 HEAP Income Eligibility Guidelines are:

Household Size	Monthly Income Limit
• 1	\$2,729
• 2	\$3,569
• 3	\$4,409

Higher income limits apply to larger households.

For information about HEAP, go to <https://otda.ny.gov/programs/heap/> or call one of the agencies listed above.

HOUSING * MANAGEMENT * DEVELOPMENT

AFFORDABLE SENIOR HOUSING

Creamery Hills Apartments
Richford NY | 607-844-8229

Hamilton House Apartments
Binghamton NY | 607-724-6102

Harry L Apartments
Johnson City NY | 607-217-7332

Kime Apartments
Great Bend PA | 570-879-4944

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 Wood Apartments
Windsor NY | 607-655-4191

SEPP Management Company
53 Front Street
Binghamton, NY 13905
Call: 607-723-8989
TDD: 607-677-0080
Housing@seppmanagement.com
www.seppinc.com

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The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.
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Sudoku Answers

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

Volunteer for Meals on Wheels



Our Meals on Wheels Program is in need of volunteers. Grab a friend and a hot drink and make giving back to the community your new year's resolution! Making a difference in the lives of others through volunteering can have a positive impact on your health and well-being, especially during the winter months.

Meals on Wheels needs volunteer drivers & visitors to deliver warm, nourishing meals & friendly smiles on weekdays between 11 am and 1 pm. Routes available throughout Broome County.

For more information: Call (607) 778-2411



Question: I suffer from joint pain and stiffness due to arthritis, and my doctor suggested that I try Tai Chi to ease some of my symptoms. I have heard of Tai Chi, but I don't know much about it. Are there any local Tai Chi classes coming up, and what are the benefits of participating?

Answer:

There are several types of Tai Chi, and each type uses a different style of movements. Sun-style Tai Chi has been adapted into a program to help people like you who suffer from arthritis, and it is rapidly growing in popularity. Dr. Paul Lam, a family physician in Sydney, Australia, developed Tai Chi for Arthritis using gentle Sun-style movements. Dr. Lam's program is now recognized by the CDC as evidence-based, reducing falls by 67% in participants studied. Studies have also shown that participants feel better as a result of taking the class.



Starting on Tuesday, January 25th, Tai Chi for Beginners will be offered free of charge at the Broome West Senior Center in Endwell, meeting each Tuesday and Thursday at 9:30 am.

This is a beginners-level course, particularly helpful to those with arthritis. The class can be taken seated or standing as your comfort level allows, but you should talk to your doctor to make sure this particular class is a good fit before signing up.

- In order to experience the benefits of this evidence based program, you are asked to attend for 1 hour, twice per week (on Tuesdays and Thursdays), for a total of 8 weeks. Two make-up sessions will be offered at the end of March for those who miss a meeting.
- Twelve gentle Tai Chi movements will be taught over the course of 8 weeks. Each class will begin with gentle stretching, and then your class leader will help you learn and practice a new movement. Class will end with a gentle cool-down. You will be invited to practice on your own at home in between each class.
- A face mask must be worn during class, in accordance with Covid-19 guidelines while visiting a senior center.
- Your class leader has been certified as an instructor through Dr. Paul Lam's Tai Chi for Health Institute. To learn more, visit <https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>

Pre-registration is required by Monday, January 17th for the class offered at Broome West Senior Center. If you would like to learn more and sign up, please contact the Office for Aging at (607) 778-2411.

Sick & Tired of Varicose Veins?

But You're Scared of Surgery?

At New York Skin and Vein We Now Offer *Varithena* - the Nonsurgical 15 Minute In-Office Injection Treatment for Varicose Veins Covered by Medicare! No Glue, Cutting, Stitches, or Staples!

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, Have Rashes, Ulcers or Clots, then it's probably a Vein Problem that can be treated in just a few minutes right in our office. You'll be back to normal in a day!

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Broome County
Office for Aging

If you would like to send in a question, please choose from one of these convenient options:

- Email the Office for Aging at: ofa@broomecounty.us
- Write to us via postal mail at:
Broome County Office for Aging
PO Box 1766, Binghamton, NY 13902

Look What's Happening at the Centers!

Please Remember: Covid-19 is Still a Concern

Guidelines are changing every day as the pandemic continues to exist. Bring a face mask with you when visiting Broome County Senior Centers; masks are required.

Vaccines and Booster Shots:

The Office for Aging is here to help you schedule your first vaccine or a follow-up booster. If you would like to schedule your shot, please call our Vaccine Line at (607) 778-1083.

Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed, Senior Centers will be closed and no Meals on Wheels will be available. This applies to school closings, but not delays or early dismissals.

If the weather looks questionable:

- Check for closings on your local news stations or call the Office for Aging at (607) 778-2411.

Meals on Wheels clients have received emergency meals. These meals contain nonperishable canned and packaged foods that you can use when Meals on Wheels are unable to deliver due to inclement weather. Use these meals for days when meal delivery is not possible. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00 am - 3:00 pm
Lunch served at Noon call 785-1777

Weekly Activities

Monday – Friday: Gift Shop, 9 am – 3 pm
Monday: Quilting, 9:30 – 11 am; Hand and Foot Card Game, 12:30 pm; Shuffleboard, 1 - 2:30 pm
Tuesday: Adult Coloring, 9:30 am; Mahjong, 10:30 am; Chair Exercises, 10:30 am; Scrabble, 12:30 pm; Ping Pong, 1 - 2:45 pm
Wednesday: Bone Builders Exercise, 10 am; Canasta, 1 pm; Floor Shuffleboard, 12:30 - 2:45 pm
Thursday: Wii Bowling, 9:30 am; Chair Exercises, 10:30 am; Gentle Chair Yoga w/Deanna, 1-2 pm; Social Connections, 1-2:30 pm
Friday: Craft Class, 9:30 am; Bingo, 9:30 am; Line Dancing w/Ms. Julie, 10-11:30 am (\$3); Mahjong, 11:30 - 2:30 pm; Ping Pong, 1- 2:45 pm

Special Activities

1/6 Legal Aide (registration required), 9 am – 12 pm
1/7 PROJECT HOPE: “Coping with COVID” Presented by NYS Office of Mental Health, 11 am
1/11 Downsize & Declutter Chat, 3 pm
1/12 Cooperative Extension Nutrition & Cooking Class, 10:30 am
1/17 Music by Marian Tewksbury, 11 am
Pizza Brunch (call to reserve), 12 pm
1/18 Site Council Meeting, 9:30 am

Need to Stop Your Senior News Subscription Or Change Your Mailing Address?

Please call the Office for Aging at (607) 778-2411

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00 am - 2:00 pm

Lunch served at Noon

Weekly Activities

Monday: Bingo or Shuffleboard, 10-11:30 am
Tuesday: Wii Bowling, 10-11:30 am
Wednesday: Crafts, 10-11:30 am
Thursday: Wii Bowling, 10-11:30 am
Friday: GREED – Dice Game, 10-11:30 am

Special Activities

1/4 National Trivia Day, 10:30 am
1/12 Wine Glass Charms Craft, 10 am
1/13 Pizza & Salad Luncheon (reservation required, \$3.50), 12 pm
1/19 National Popcorn Day – Come in for a snack, 10:30 am
1/27 National Chocolate Cake Day – Come in for goodies, 11 am

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 10:00 am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities

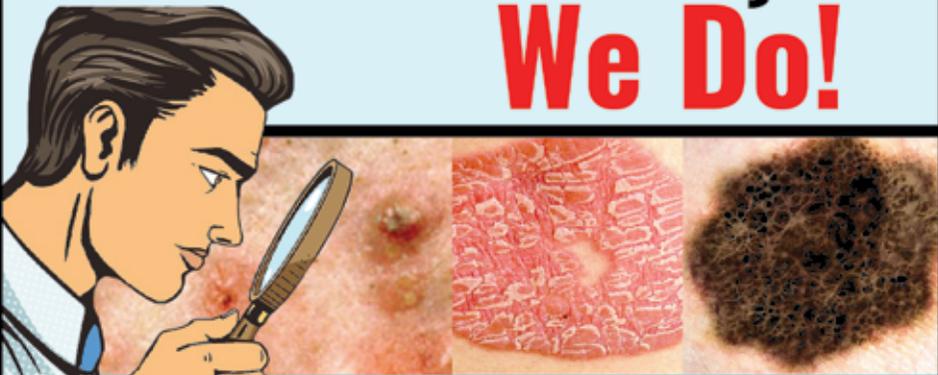
Tuesday: Balance & Stretch, 10:30 – 11:00 am; Tai Chi, 11:15 – 12 pm
Bingo, 1 pm – 2 pm
Thursday: Wii Bowling, 10 am – 12 pm
Stretching For Seniors, 11 am – 11:30 am

Special Activities

1/4 Heart Plaque Crafts, 11 am – 12 pm
1/13 Cooperative Extension Nutrition & Cooking Class, 12:30 pm

Do You Know Which Moles Are Deadly?

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We Promise to See You the Week You Call!

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:30 am - 3:30 pm
Lunch served at 11:45 am call 729-6214

Weekly Activities

Monday: Chair Yoga, 11 am (\$5); Penny Bingo, 12:30 pm
Tuesday: Knitting & Crocheting, 9 am; Shuffleboard, 9 am;
 Progressive Pinochle, 11:30 am; Int. Mah-Jongg, 11:30 am
Wednesday: Chorus, 9 am
Thursday: Sewing, 9 am, Zumba Toning, 9:30 am(\$3)
Mon, Wed & Fri: Bonesavers, 10 am
Mon & Fri: Zumba, 9:30 am (\$3); Texas Hold'em, 12:30 pm
Wed & Fri: Ceramics, 9 am

Special Activities

1/4 Chop & Chat (advanced registration required by 12/23/21), 1 pm
 1/6 Executive Board Meeting, 9:30 am
 1/10 Legal Aid (reservation required), 9 am
 1/11 Heimlich Maneuver and Back Blows, 12 pm
 1/17 Center Closed in Observance of Martin Luther King, Jr. Day
 1/18 Cooperative Extension Nutrition & Cooking Class, 12 pm
 Chop & Chat (advanced registration required by 1/13/22), 1 pm
 1/25 Jim Baldwin's Fabulous Snowflakes, 12 pm

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00 am - 4:00 pm; Fri 9:00 am - 2:00 pm
Lunch served at 11:45 call 797-1149

Weekly Activities

Monday: Guitar Group, 9am – 12 pm (\$2);
 Watercolor Painting, 9:30 am – 11:30 am (\$3); Gentle Yoga,
 9:30 am – 10:30 am (\$3); Line Dancing, 10:45 am – 11:45 am (\$3);
 Knitting and Crocheting, 11:30 am – 1:30 pm; Bonesavers, 1 pm – 2 pm
Tuesday: TOPS, 9 -11 am; Zumba, 12:30 -1:30 pm (\$3);
 Stretch & Strength, 1-2 pm (no fee); Table Shuffleboard, 12:30 – 3:00 pm
 (\$1)
Wednesday: Quilting, 9-11:30 am; Bridge, 10:30 am – 2:30 pm; Chair
 Yoga (call for info); Penny Bingo for Fun, 12:30-3 pm; Proressive Pinochle,
 12:30-3 pm; Writer's Workshop, 1-2 pm, Mahjong and Beginners Mahjong,
 1 pm; Bonesavers, 1-2 pm
Thursday: Guitar Group, 9:30 am-12 pm (\$2); Oil Painting, 10 am-1 pm
 (\$3); Low-Impact Aerobics, 10-11 am (\$3);
 Spiritual Seminar w/Rev. Hilda, 10-11 am; Tai Chi, 1-2 pm (\$3)
Friday: Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3);
 Chair Exercises, 12:30-1:15 pm, Ladies Sing, 10:30-11:30 am

Special Activities

1/3 Stay Healthy Caregiver Support Group, 1-2:30 pm
 1/5 The Medicine Shoppe: Glucose, Blood Pressure & O2, 10 am – 12 pm
 1/7 Chop & Chat, 10 – 11 am
 1/20 Legal Aid (reservation required), 9 am-12 pm
 1/21 Chop & Chat, 10 – 11 am
 1/25 Coop. Extension Nutrition & Cooking Class, 11:15 am-12 pm
 1/26 Haircuts with Debbie Roberts, 10-11:30 am
 Book Club (Every Day Is A Gift by Tammy Duckworth), 3 pm – 4 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Senior Center Store: 9 am – 3 pm
Lunch served at Noon

Sandwich Bar 11:30 am – 12:30 pm

Weekly Activities

Monday: Bingo, 10:30 – 11:30 am, Drumming, 1:30 pm
Tuesday: Osteo Bonesavers Class, 10 – 11 am; Shuffleboard, 10 – 11:30 am
Wednesday: Sewing, 10:30 am;
 Weight Loss Group – “Choose to Lose”, 9:30 am; Bridge, 12 pm;
 Shuffleboard, 10:00 am
Thursday: Osteo Bonesavers Class, 10 – 11 am; Pitch, 10 am
Friday: Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm;
 Nurse Michelle - check Glucose, Blood Pressure, and Oxygen, 9 am

Special Activities

1/4 Golden Agers, 12 pm
 1/6 Homemade Breakfast Served (reservations appreciated), 11 am
 Snowman Toss Game, 10:30 am
 1/11 Word Search Competition with prizes, 10:30 am
 1/18 Golden Agers, 12 pm
 1/19 Leslie's Baking Demo – Banana and Applesauce Loaf, 10:30 am
 1/20 Homemade Breakfast Served (reservations appreciated), 11 am
 1/25 Game Day, 10:30 am

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00 am - 2:30 pm
Lunch served at Noon
Breakfast Made-To-Order: Tues, 8 - 9:30 am

Weekly Activities

Monday: Simple Yoga, 9:30-10:30 am; DMV Mobile (By Appt.)
Tuesday: Breakfast, 8-9:30 am; Music Jam, 10 am
Wednesday: Crafters' Group, 9-11 am; Music Jam, 10 am;
 Billiards, 10 – 11:30 am
Thursday: Bingo for Prizes, 10:15 am-12:15 pm; Painting Group, 9-11 am
Friday: Gentle Tai Chi, 9:30 am

Special Activities

1/6 PROJECT HOPE: “Coping with COVID”
 Presented by NYS Office of Mental Health, 12 pm
 1/7 Burger Bar, 11:30 am – 12:30 pm
 Music by Ron Chidester and Steve Young, 12 pm
 1/12 Finance Officers Meeting, 10:30 am – 11:30 am
 Site Council Meeting, 12:30 pm
 1/19 Book Club, 10 am
 1/26 Legal Aid (reservation required), 9 am – 12 pm
 1/27 Cooperative Extension Nutrition & Cooking Class, 12:15 pm
 1/28 Rainbow Table Raffle, 1 pm
 1/31 Horse Racing with Bonnie Hill, 10:30 am

VESTAL 754-9596

201 Main St, Box #4, Vestal, NY 13850
 Located in Old Vestal High School Cafeteria
Center Hours: Mon - Fri, 9:00 am - 2:00 pm
Lunch served at 11:45am

Weekly Activities

Tuesday: Pinochle (new players welcome), 9:30 am
Wednesday: Knitting, 9:30 am; Sandwich Bar, 11:30 am (reservations
 appreciated); Bridge (new players welcome), 12 pm; Oil Painting, 1 pm
Thursday: Card Group, 9 am; Bingo, 10 am; Ice Cream, 12 pm
Fridays: Mahjong, 9 am; Chef Salads, 11:30 am (reservations required)

Special Activities

1/3 King High Card Game, 12 pm
 1/10 Chop & Chat, 10 am
 1/8, 15 Sandwich Bar (reservations appreciated), 11:45 am
 1/18 Craft Day (please call for info.), 10 am
 1/20 Left, Right, Center – Dice Game, 12 pm
 1/24 Chop and Chat, 10 am
 1/25 Vestal Senior Club Meeting Day, 12:15 pm
 1/26 Cooperative Extension Nutrition & Cooking Class, 10 am
 1/28 Pizza or Chef Salads & Bunko (reservation required), 11:30 am



1-877-COUGHLIN

Main Office:
 99 Corporate Drive
 Binghamton, NY 13904
 607-723-9511
www.CGLawOffices.com

- **ESTATE PLANNING:** Wills, Trusts, Powers of Attorney, and Tax Planning
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January Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Macaroni & Cheese 3 Stewed Tomatoes Mixed Vegetables Banana	Pub Burger 4 Cream of Broccoli Soup Garden Salad Mandarin Oranges	Baked Ham 5 Scalloped Potatoes Peas w/Pearl Onions Cinnamon Applesauce Slices	Liver w/Onions 6 OR Chicken Marsala Mashed Potatoes Cut Green Beans Low Fat Muffin	Salisbury Steak OR 7 Pub Style Battered Fish Baked Potato Brussels Sprouts Orange Cranberry Bar
Pierogi w/Onions 10 & Kielbasa California Blend Vegetables Applesauce	Meatball Sub 11 Minestrone Soup Garden Salad Pears	Roast Turkey 12 Apple Bread Dressing French Cut Green Beans Pumpkin Cake	Swiss Steak 13 OR Broiled Fish Mashed Potatoes Carrots Double Chocolate Cake	Salmon Patty w/Dill 14 OR Roasted Chicken Thigh Roasted Potatoes Peas Peaches
Tomato & Bacon Omelet 17 O'Brien Potatoes LF Cottage Cheese Pineapple	Chicken Thigh w/Herbs 18 OR Halupki Mashed Potatoes Peas Mandarin Oranges	Grandma's Meatloaf 19 Macaroni & Cheese Cut Green Beans Chocolate Brownie	Chicken Salad 20 Croissant Harvest Vegetable Soup Pineapple Upside Down Cake	Swedish Meatballs 21 OR Citrus Rubbed Pollack Baby Red Potatoes Carrots Pears
Baked Ziti Parmesan 24 Sausage Florentine Soup Wax Beans w/Pimento Banana	Rotisserie Chicken 25 Brown Rice Pilaf Winter Squash Ice Cream Cup	Beef Stroganoff 26 Over Noodles Cauliflower w/Parsley Blueberry Muffin	Baked Ham 27 OR Pub Style Fish Au Gratin Potatoes Brussels Sprouts Apple Crisp	BBQ Chicken Breast 28 OR Breaded Fish Baked Beans Garden Salad Peaches
Chicken Cacciatore 31 Over Noodles California Blend Veg. Three Bean Salad Chocolate Chip Cookie	During the Pandemic we are trying our best to avoid menu changes. On occasion there may be a last-minute change. We apologize for the inconvenience. Need to Reduce Sugar and Calorie Intake? We offer a no-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this menu option, please tell the receptionist at the center that you would like the NCS menu.			

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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