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## Celebrate One Another This Season



As winter holidays approach, we often think about gift giving as we make our shopping lists and anticipate sales at our favorite stores. Festive wrapping paper, tissue paper, gift bags and bows make their way out of our storage closets. The anticipation of receiving packages from family and friends fills us with excitement. As we enjoy opening all those pretty boxes and bags this season, let us also think about the gifts we have received that had no price tag or home on a store shelf. Some of the greatest gifts ever given

are those which cannot be purchased, but their impact makes the world a kinder and more giving place.

This edition of the *Senior News* is dedicated to celebrating the gift of one another, and we invite you to consider adding a good deed, donation, or day of volunteering to your holiday to-do list.

In this issue...

- We share the stories of Cathy McGowan and Rose Dillenbeck, two Older New Yorkers' Day awardees who have spread the message of kindness through several decades of volunteering.
- Foster Grandparents give of their time and talent all school year long by working one-on-one with local children. This month, we feature those Foster Grandparents who have also served our country as members of the military.
- If you would like to give back to the community as a volunteer, consider becoming a seasonal tax-aide for AARP, a youth mentor for the Big Brothers Big Sisters Program of the Twin Tiers, or a Foster Grandparent.
- If you would like to spread holiday cheer without spending money or time in store lines, try an idea off our "Random Acts of Seasonal Kindness" list.
- For those gifts you do need to purchase this season, shop local by picking up meal gift certificates and gift shop items at Broome County Senior Centers.
- Have a safe and happy winter. Prepare for the new snowy season with tips for preventing home fires and falls, and remember to take care when removing snow.
- Dust off your crockpot. It's soup season! Find nutritious recipes for hearty winter dishes.

Most importantly, however you choose to recognize this season: Take a moment to celebrate those people whose thoughtfulness has been a priceless gift to you. Happy December from the Office for Aging.

## Older New Yorkers' Day: Celebrating Those Who Give Back

Each year, the New York State Office for Aging recognizes the contributions of older New Yorkers who touch the lives of others through their service as volunteers. This year, we recognize two local Older New Yorkers' Day awardees who have exemplified the meaning of giving back here in Broome County: Cathy McGowan and Rose Dillenbeck.



Cathy McGowan developed her career in community health, and she has spent nearly 40 years volunteering in our local community to help those in need of home-based health care and assistance. Cathy shares, "I recognized that a deep need for people is to remain in their homes as long as possible, regardless of the level of care they may need. I became passionate about doing my part to make sure that homecare services received by those individuals were of the highest quality possible."

Cathy turned this passion into action by volunteering at Interim HealthCare®, a local professional homecare agency, and also at the Family and Children's Society. At Interim HealthCare®, Cathy served as a volunteer on both the Quality Assurance Committee and Advisory Board while also assisting with auditing. At the Family and Children's Society, Cathy served on the Board of Directors and chaired the Homecare Committee. As Cathy expresses the honor she feels to receive this award, she believes that there are still so many others among us whose donation of time and talent is also deserving of recognition.



Rose Dillenbeck has lived in Broome County for over 80 years. She currently works for the Office for Aging as a registered nurse, and she has maintained a meaningful presence in our community volunteering at Willow Point Nursing Home, Broome County CASA, Endicott Nazarene Church, and Community Bible Church.

*Continued on Page 2*

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/](http://www.facebook.com/BroomeCountyOfficeForAging/)

 Follow us on Twitter:  
<https://twitter.com/BroomeCountyOFA>

## Older New Yorkers' Day *Continued from Page 1*

Rose shares: "It is rewarding to give of one's time to help make someone else's life better, especially local seniors who have limited income and cannot afford to pay for services and improvements." Rose has donated her time repairing and restoring low-income housing, cleaning the gardens at Willow Point Nursing Home, and assisting in the restoration of churches after flooding in 2011 and snow damage in 2020. Rose is also eager to help rake leaves in the fall and shovel snow in the winter. Rose's interest in caring for the spaces where many of us live, socialize, and worship shows her commitment to maintaining the foundations that our community has been built upon.

Please join us in thanking and congratulating Cathy, Rose, and all older adults whose contributions spread care and generosity among us.

## Bandera Family Delivers Christmas Day Meals

The Bandera Family and their dedicated volunteers have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. In 2021, the Bandera family is continuing the tradition.

If you are unable to leave your home, you can order a festive Bandera Family meal with all the trimmings to be delivered to you by volunteers on Christmas Day – Saturday, December 25. For those who participate in Meals on Wheels, note that while the Meals on Wheels program will be closed, the Bandera Family Meal is available.

The "2-1-1 / First Call for Help" call center will take reservations for the Bandera Family Christmas Day meals. To request a meal, call "First Call for Help" by dialing either 2-1-1 from a landline, or 1 (800) 901-2180 from a mobile phone, beginning Wednesday, December 1st at 8 am. Tell the operator that you would like a home-delivered Christmas Day meal. Reservations will be taken Monday - Friday, 8 am – 5 pm.

**Reservations must be made by 5 pm on Monday, December 20th.**

## Foster Grandparent Program Honors Veterans

The Foster Grandparent Program would like to honor "grandparents" who once served in the U.S. military. We thank them for sacrificing so much in defending the interests and security of our nation. Each veteran received flowers, a gift card, and heart-felt thanks from the Foster Grandparents and staff members. Honorees include (in alphabetical order):

- **Don Bennett** (U.S. Army, 1957-1962)
- **Bob McDonald** (U.S. Marine Corps, 1978-1981)
- **John Steinbrecher** (U.S. Air Force, 1969-1973)

The Foster Grandparent Program welcomes veterans along with all adults who are age 55 or older, a Broome County resident and income eligible. Foster Grandparents volunteer from 5 to 40 hours per week but most volunteer about 20 hours per week. Even though they are volunteers, they are paid a stipend of \$3.00 per hour, receive a free lunch and are reimbursed for travel. If you are interested in joining the Foster Grandparent Program, call (607) 778-2089.

## AARP Foundation Tax-Aide Needs You! Volunteer Opportunity

Do you like helping your neighbors? We have an opportunity for you! AARP Foundation Tax-Aide is looking for volunteer unpaid tax preparers to help with 2021 tax returns. If you are comfortable talking with people, using a computer and are good with numbers, you are one of us! We provide free training, free IRS certification, and have flexible daytime hours. No prior experience with tax preparation is necessary. We work in teams so you have plenty of support to answer your questions and give you guidance. Each return is checked by another volunteer so you can be confident that you will give clients a great product. Safety protocols are in place to keep preparers and clients safe and healthy. We also have a need for support volunteers who help us in a lot of ways. These include greeting clients, helping them sort out materials, and filling out registration forms.

Please go to [www.aarpfoundation.org/taxaidevolunteer](http://www.aarpfoundation.org/taxaidevolunteer) to start the process. Even though this is a national website, all volunteers from Broome County will be referred to Broome County Tax-Aide. Please come forward to volunteer now so that you will be eligible for training that begins in January of 2022.

## Mark Your Calendar! Upcoming Community Events

### Medicare 101

Action for Older Persons, Inc.  
200 Plaza Drive, Suite B, Vestal  
Thursday, December 9th at 9 am

Action for Older Persons is hosting an in-person comprehensive Medicare seminar which will cover the four parts of Medicare; A B, C, & D, eligibility, and enrollment. This event will give an overview of options for additional coverage, tips for saving money through various assistance programs, and preventive benefits that can preserve and enhance your life. Register for this no-cost event by calling 607-772-1251. <https://actionforolderpersons.org/>

### Macro Photography Magic 101

Roberson Museum, First Floor Carousel Theater  
30 Front Street, Binghamton  
Friday, December 10th from 6-7 pm

The Roberson Museum is hosting a class on Macro Photography taught by Sean Murphy, a local portrait and wedding photographer. Macro Photography is the art of close-up photography of small subjects. During this event, you will learn the best techniques and methods to take extreme close-up photos. Students can use a DSLR or mirrorless camera and add a macro lens OR employ a photography-hack to use an old school film lens to get amazing results. The event is \$10 for Roberson members and \$20 for non-members and is welcoming to all experience levels. Bring your own camera as they will not be provided. To register, go to the website below or call 607-772-0660. <https://roberson.charityproud.org/EventRegistration/Index/6991>

### enJOY Jingle Jazz with Bill Carter & the Presbypop Christmas Eve Band

Schorr Family Firehouse Stage  
48 Willow Street, Johnson City  
Monday, December 20th from 7-9 pm

The Schorr Family Firehouse Stage is hosting jazz performers Bill Carter & the Presbypop Christmas Eve Band (Mike Carbone, Tony Marino, and Jeff Stockham) who will perform all the classic holiday jazz hits. Be sure to check it out if you are interested in an evening of live entertainment! This is a great opportunity for those who are interested in immersing themselves in the local arts scene. The cost is \$10 to attend. See website for information on covid protocols at this event. For tickets, go to the website below or call 607-772-2404. <https://48356.blackbaudhosting.com/48356/page.aspx?pid=196&tab=2&txobjid=61e895ee-ab26-477e-9856-2aea40685833>

### Jungle Bells: Drive Thru Lights Experience

Animal Adventure Park  
85 Martin Hill Road, Harpursville  
November 11th, December 8th, and December 22nd from 5-9 pm

Enjoy the magic of the Jungle Bells light display from the comfort of your vehicle on three nights only. This alternative opportunity is best suited for those concerned with the virus, with mobility issues, or guests with temperature sensitivities. The full 1 Million Light Bright Walk-Thru Experience is available Thursday-Sunday, from 4-9pm, November 11th to January 2nd. The walk-thru event offers Animal Encounters as well, which are interactive and educational experiences of the animal-kind (book in advance). The drive thru event is \$12 for members and \$15 for non-members per vehicle. Cash only.

For more information, go to the website below or call 607-760-4429.

<https://www.theanimaladventurepark.com/Event/jungle-bells-drive-thru-experience-128>



### Seasonal Decorations

### Downsize & Declutter Discussion

Tuesday, December 14, 3 pm

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

Enjoy your seasonal decorations, but also be deliberate when putting away your treasures for next year. Do you need to keep all of them? Could you give some decorations away to grandchildren or other family members? Perhaps you could donate some items. Join us at this discussion to get more ideas on where to relocate your seasonal items.

**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](mailto:spraguejm@verizon.net).**

# Caregiver Corner

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

## Senior Scams Presentation What Caregivers Need to Know

**Date:** Wed, December 15  
**Time:** 1:00 – 2:00 PM  
**Location:** Virtual Zoom Meeting  
**Presenter:** Mike Danaher, Asst. Atty. General  
 This presentation will review the various types of scams that can target older adults, and what caregivers need to know to protect themselves and the people in their care.

**Pre-registration required.**  
 Call Caregiver Services at (607) 778-2411 to register and receive Zoom meeting invitation.

**Caregiver Chat Groups**  
*Let's chat! These informal discussions are open to caregivers of any age.*

**The Stay Healthy Caregiver Chat:** participants call using a landline or cell phone.  
**Date:** Monday, December 6  
**Time:** 1:00-2:30 PM  
**Dial:** (607) 778-6547  
**Meeting Code:** 2187 #  
**Attendee Access Code:** 123456#

**The Wayne Street Caregiver Chat:** participants use the Zoom platform or phone  
**Date:** Wednesday, December 15  
**Time:** 9:30-11:00 AM  
**Zoom address:**  
<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>  
**Zoom ID:** 98867802737  
**Zoom Password:** 037464

## Want To Advertise in the Senior News?

We Reach Over 7,000 Senior Households in Broome County!  
 Call 778-2411

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## Scam of the Month

### Amazon Scam

There have been numerous reports of scam callers claiming to be from Amazon. Amazon is an online retail store used by many people in the United States. The caller could claim that your account is going to be charged or that you recently ordered items (that you know you did not order). The scammer's goal is to get your personal information, including credit card information. According to Amazon, if you receive a call from an "Amazon" representative, it is most likely a scam. Think twice before providing anyone your information over the phone.

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. Another way to keep up to date on scams is to "like" our Facebook page "Broome County Office for Aging" for real time updates.

**Calling all Chefs and Bakers:**  
**Enter the 2021 Holiday Recipe Contest & Drawing**

The Office for Aging wants to hear about your favorite holiday recipes. Soups - Entrees - Side Dishes - Baked Goods  
 Whatever your specialty, please share a recipe with us.

All those who submit a recipe will be entered into a prize drawing.  
**The winner of the drawing will receive a cooking and baking themed gift basket!**

Recipes may be submitted to the Office for Aging:  
 Via email at [ofa@broomecounty.us](mailto:ofa@broomecounty.us) or by mail to **Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902.**  
 You may also visit [www.facebook.com/BroomeCountyOfficeforAging](https://www.facebook.com/BroomeCountyOfficeforAging) and send us a message with your recipe. Be sure to include all your contact information.

The winning recipe will be published in the *Senior News* and posted on the Broome County Office for Aging Facebook Page.

To enter the contest, you must be a senior resident of Broome County.  
**Recipe submissions will be accepted until December 31, 2021.**

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 P: 648-4646  
 1333 Upper Front St.,  
 Bing, NY 13901

**FYZICAL Johnson City**  
 P: 217-0827  
 153 Oakdale Rd.,  
 Suite 2, JC, NY 13790

**FYZICAL Riverside**  
 P: 304-4547  
 34 Front St.,  
 Bing, NY 13905

**Offering FREE Fall Risk Screenings!**

**TRIPS TRIPS**

*Trips subject to change.*

**AARP, Endicott Chapter**  
 Contact: Marilyn, (607) 748-8849 or Betty, (607) 354-4260

April 28 – May 1, 2022  
 Parade of Nations, Norfolk, VA  
 \$569/person (double occupancy)

## Tai Chi for Arthritis Program

Presented by RSVP & Southern Tier Community Center

Mondays and Fridays  
 January 10 – March 4, 2022  
 10:00-11:00 am

Held at the Southern Tier Community Center  
 1 Clubhouse Rd, Endicott

For More Information:  
 Call Donna at (607) 785-4747 or email [frye.donna@rocketmail.com](mailto:frye.donna@rocketmail.com)

## Laugh Break

What can fall a long distance very quickly during winter but never get hurt when it hits the ground?

**A Snowflake**

**STAFKING'S Healthcare Systems, Inc.**  
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## Snowflakes are Falling: Have a Safe and Happy Winter.



Winter is beautiful. It brings profound silence on those mornings when our yards and streets are covered in a crisp, white blanket of snow. Edith Sitwell once said, “Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” Even though blustery days can be tough to brave, find something about winter that you can appreciate. Whether it be baking, reading a good book, or just enjoying a hot cup of coffee or tea by your window, the simple pleasures of winter can be surprisingly delightful. So, set out to have a happy winter, and keep a few safety tips in mind along the way.



### Prevent Fires in Your Home

As colder months approach and we spend more time indoors, remember that home fires are often caused by smoking, heating, and cooking in the home. The next time you make your favorite pot of soup or stew, take care especially when using the stove to prepare your meal. Also, keep the chill out by safely maintaining the heat in your home so that you can enjoy more cozy days in. The CDC and US Fire Administration recommend these safety tips to prevent fires:

#### If you cook by using the stove:

- Keep an eye on what you fry. Most cooking fires start when someone is frying food.
- Wear short sleeves or roll them up so they don't catch on fire.
- Move things that can burn away from the stove.
- Don't cook if you are drowsy from alcohol or medicine.
- Use oven mitts to handle hot pans.
- If a pan of food catches fire, slide a lid over it and turn off the burner.

#### If you use a space heater:

- Keep the heater 3 feet away from anything that can burn, including you.
- Unplug heaters when you aren't using them, including when you leave your home or go to bed.
- Consider getting heaters that are designed to turn off if they tip over.
- Have a professional clean and inspect your fireplace, wood stove, or coal stove once a year.
- Do not burn green wood, artificial logs, boxes, or trash.
- Use a metal mesh fireplace screen to keep sparks inside.
- If your fireplace has glass doors, leave them open while burning a fire.

Also remember that smoke alarms can help keep you safe in case of a fire. Have smoke alarms on every level of your home, including the basement, and directly outside of each sleeping area. Test smoke alarms every month. You can ask a family member, home care assistant, or case worker to test the alarms for you. Push the test button on the alarm; if it does not make a loud noise, the alarm needs new batteries or needs to be replaced. Never disable your smoke alarm by unhooking it or removing the battery. If your smoke alarm starts “chirping,” the battery is running low and should be replaced.

Adapted From:

[https://www.usfa.fema.gov/downloads/fire\\_safe\\_seniors/risk\\_factors\\_flyer\\_eng.pdf](https://www.usfa.fema.gov/downloads/fire_safe_seniors/risk_factors_flyer_eng.pdf)

[https://www.usfa.fema.gov/downloads/fire\\_safe\\_seniors/smoke\\_alarms\\_flyer\\_eng.pdf](https://www.usfa.fema.gov/downloads/fire_safe_seniors/smoke_alarms_flyer_eng.pdf)

### Prevent Falls

Sidewalks, steps, parking lots and driveways can be slippery in winter, even when they look dry. Many falls can actually be prevented by keeping a few pointers in mind, especially during this season when snow and ice are around us.



The CDC recommends these tips for you and your loved ones:

- Have your eyes checked by an eye doctor at least once a year. Replace eyeglasses as needed.
- Have a healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.
- Have handrails and lights installed on all staircases.
- Show a healthcare provider or pharmacist a list of your medications, including over-the-counter medications, and supplements. Discuss any side effects, like feeling dizzy or sleepy.
- Ask a healthcare provider about taking vitamin D supplements to improve bone, muscle, and nerve health.
- In winter, falls can happen indoors, too! Keep floors clutter-free. Remove small throw rugs, or use double-sided tape to keep the rugs from slipping. Add grab bars in the bathroom—next to and inside the tub, and next to the toilet. Make sure your home has a lot of good lighting.

Adapted from: <https://www.cdc.gov/steady/pdf/STEADI-CaregiverBrochure.pdf>

### Smart Snow Removal

Because shoveling snow is such a workout, it is important for people who have any medical concerns to talk to their physician before performing any strenuous exercise in the cold. If your doctor approves, here are a few suggestions the CDC recommends to stay warm, dry, and hydrated:

- Check the weather, temperature, and wind chill before setting foot outside. Use that information to decide when to shovel and what to wear.
- If it's cold outside, you'll want to dress in layers of loose-fitting clothing. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

*Continued on Page 5*

## Do You Know Which Moles Are Deadly? **We Do!**

**Acne & Rashes**

**Nail and Hair Problems**

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the Week  
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## HEALTH & WELLNESS

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each student's 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](mailto: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](http://www.gracelutheranchurchvestal.com/graces-place)

### Snowflakes are Falling:

**Have a Safe and Happy Winter.** *Continued from Page 4*

- Don't overdo it. Take frequent breaks to catch your breath and drink water. Shoveling snow is a cardiovascular exercise that involves muscles in your legs, back, core, shoulders, and arms. Pushing a snow blower around is equally hard work. In either case, you need to hydrate as you would before, during, and after a gym workout.

Also remember to avoid snow removal scams this season if you plan to hire someone to help you. Remember the information we shared on snow removal scams in last month's edition of the *Senior News*. Some of those tips included:

- Be clear about what service you are looking for:
  - ✓ Do you want salt put down? Or, do you NOT want salt?
  - ✓ Do you need a plow instead of a snowblower or a shovel?
- Ask for a quote: Sometimes companies charge more than a person expects. So, asking for a quote helps you to avoid being surprised when the bill shows up for the service.
- Ask for references: You can ask for references from people who have received services from the provider in the past. Ask them how well the work was performed.
- Consider a contract: A contract could include how much snowfall would warrant the provider coming to remove the snow, how much they would charge for removal, and any other relevant details.
- Be clear about expectations: For example, if you have dialysis on certain days of the week or other urgent recurring appointments, notify the provider so that they understand the urgency of the service ahead of time.

Adapted from: [https://blogs.cdc.gov/publichealthmatters/2019/02/shovel\\_smart/](https://blogs.cdc.gov/publichealthmatters/2019/02/shovel_smart/)

### 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 8

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

### 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.**

**Labor is provided free of charge to eligible home owners.**

Leaky Faucets      Safety Devices      Railings  
 Locks Installed      Porch & Stair Repair      Wheelchair Ramps  
*...And More*

**Call 772-2850 For Details**

# 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!

**Healthy Legs Special:**  
 Complimentary Leg Exam & Ultrasound

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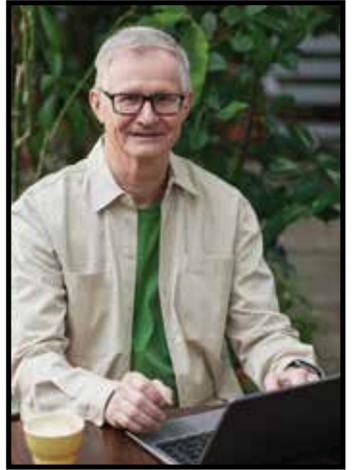
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## Online Activities and Programs for Older Adults

Are you looking for online activities to help you stay healthy, engaged, and connected? Consider these options.



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](mailto: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](mailto:ofa@broomecounty.us)

### **Get Set Up**

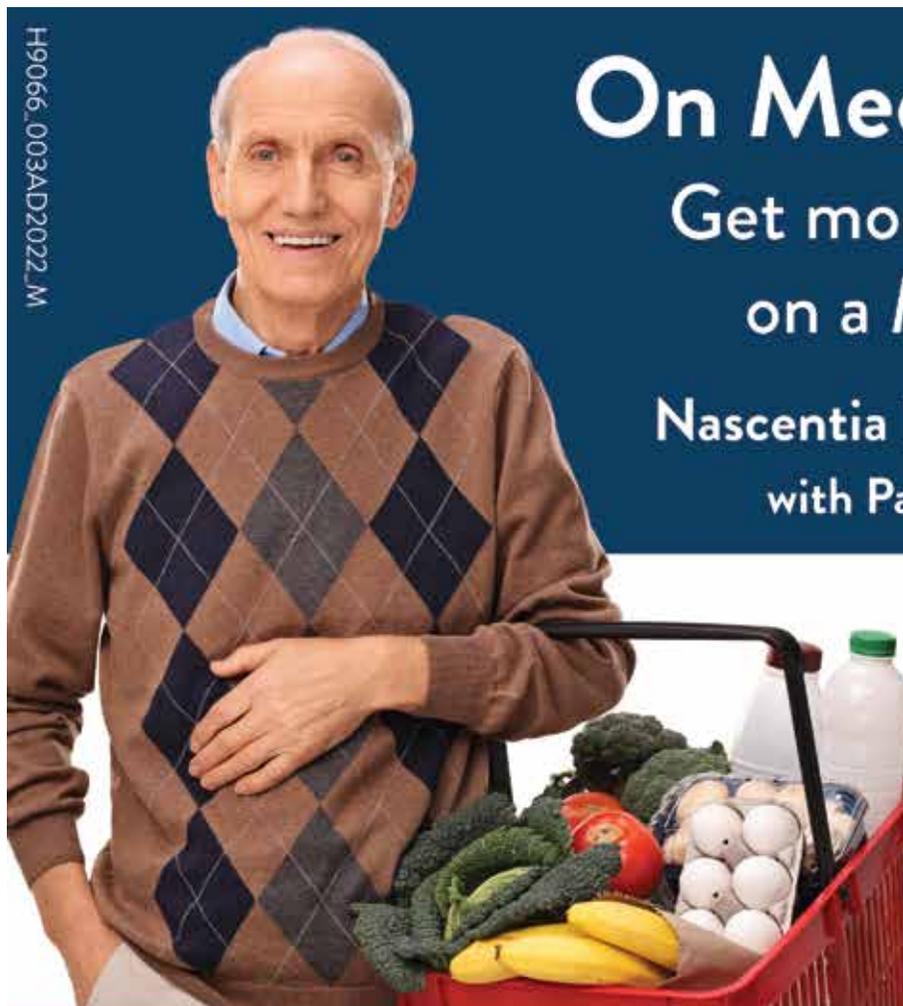
Get Set Up is a place for active older adults to learn, connect and share with peers in small, intimate class settings. Class topics include a wide variety of subjects, including: fitness, history, cooking, music, computers, and technology. Older adults who reside in NY State can also take advantage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

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## 'Tis the Season for Crockpot Creations

When snow is falling, a piping hot bowl of soup or stew warms you inside and out. Consider these hearty crockpot recipes to keep the chill out while bringing beneficial nutrients in. Although slow cooker meals can simmer for several hours in the crockpot, the "hands on" preparation time is minimal.

### Vegetable Lentil Stew

This lentil stew is full of wholesome vegetables, protein, and fiber.

#### Ingredients

- 2 tablespoons olive oil
- 2 bay leaves
- 2 teaspoons salt (optional)
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 cup carrot, chopped
- 2 cups kale, chopped
- 2 cups chard, chopped
- 2 cups dried lentils
- 8 cups vegetable broth (or stock)
- 1 can chopped tomatoes (16 ounces)



#### Directions

1. Sauté onion and garlic with olive oil.
2. Combine sauté mix with the rest of the ingredients in a crockpot.
3. Cook on low for 8 hours or high for 4 hours.
4. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (optional).

**Nutrition Info Per Serving:** 242 Calories; 4g Fat; 38g Total Carbohydrates; 12g Dietary Fiber; 7g Total Sugar; 16g Protein. Serves 8.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/crock-pot-vegetable-lentil-stew>

### Hamburger Stew

Add black pepper for an extra kick, and enjoy!

#### Ingredients

- 1 pound ground beef, 90% lean
- 1/2 cup onion (chopped)
- 1 cup carrot (chopped)
- 2 cups potatoes (chopped)
- 1 cup celery (chopped)
- 1 can tomatoes (14.5 ounce)
- 4 cups water
- 1/2 oregano, basil or other herbs (optional)



#### Directions

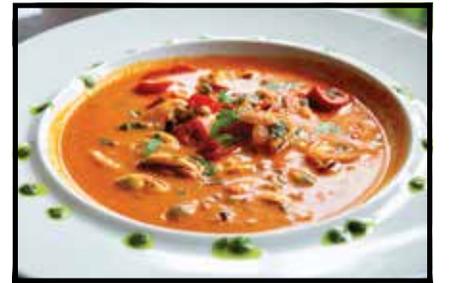
1. Brown ground beef in a medium fry pan. Drain fat.
2. Place beef, chopped vegetables, tomatoes and water in slow cooker.
3. Cook on low 8 to 10 hours or on high for 4 to 6 hours.

**Nutrition Info Per Serving:** 275 Calories; 10g Fat; 22g Total Carbohydrates; 5g Dietary Fiber; 6g Total Sugar; 25g Protein. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/slow-cooker-hamburger-stew>

### Manhattan Clam Chowder

Try this hearty chowder full of carrots, tomatoes, potatoes, and clams that can be easily made in a slow cooker.



#### Ingredients

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (low sodium)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (low sodium )
- 1 tablespoon parsley flakes (dried)

#### Directions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.
3. Cover and cook on low for 8-10 hours or until the vegetables are tender.
4. Remove bay leaf and peppercorns before serving.

**Nutrition Info Per Serving:** 98 Calories; 1g Fat; 14g Total Carbohydrates; 2g Dietary Fiber; 5g Total Sugar; 9g Protein. Serves 9.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/manhattan-clam-chowder>

### Homemade Bread: Treat Yourself.

What better side for homemade stew or soup than fresh bread? Treat yourself to homemade bread from time to time. You deserve it. A sweet cornbread is the perfect match for a savory entrée, and it requires no proofing or rising before baking.



### Can-Do Cornbread

#### Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 4 egg whites (1/2 cup)
- 2 tablespoons vegetable oil

#### Directions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in a medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

**Nutrition Info Per Serving:** 145 Calories; 3g Fat; 27g Total Carbohydrates; 1g Dietary Fiber; 10g Total Sugar; 4g Protein. Serves 12.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/soul-healthy-cornbread>

## Celebrate One Another with Random Acts of Kindness:

### A Checklist of Ways to Spread Seasonal Cheer

- ✓ Send hand-written seasonal cards or “thinking of you” cards to friends and family.
- ✓ Check your attic and basement. Donate your children’s old toys to charity so that they can be enjoyed by a new family this year.
- ✓ The next time you are at the grocery store, let someone go ahead of you in the checkout line.
- ✓ Take a moment to hold a door open for someone.
- ✓ Wish your waitress and cashier a good day after they have served you.
- ✓ Leave a thank you card in your mailbox for your mail carrier.
- ✓ Make a special effort to recycle cans and bottles. Give the bottle return money to charity.
- ✓ Bake cookies for your neighbor and deliver them as a surprise.
- ✓ Visit a loved one who has been ill or down and chat together over coffee or tea.
- ✓ Make an extra portion of your evening meal to bring to a neighbor who may not be able to cook that night.
- ✓ When in traffic, let a car merge into your lane.
- ✓ Write a thank you note to your healthcare providers for being essential workers during the Pandemic.
- ✓ Donate old clothes to a shelter or second-hand clothing store.
- ✓ Donate used books to a local library, community center, or school.
- ✓ The next time a handyman, plumber, electrician, or other repair person is helping you in your home, offer them a glass of water.
- ✓ Volunteer at a local church, food pantry, senior center, or nonprofit organization.
- ✓ Give the gift of laughter by calling a friend who is going through a difficult time, and tell them a good joke or funny story.

## Help Shape A Child's Future:

### Volunteer as a Big Brother or Big Sister

Looking for volunteer work that will truly impact the lives of today’s youth? Being a Big Brother or Big Sister is one of the most enjoyable things you’ll ever do, not to mention one of the most fulfilling. You have the opportunity to help shape a child’s future for the better by empowering him or her to achieve and ignite the power and promise of potential. By becoming a Big Brother, Sister or Grandparent, the opportunities to become a listening ear, a trusted older friend, a guide, and positive role model are yours. Our “Matches” meet once a week for a mutually agreed upon activity intended to improve confidence, social responsibility, reactions to high risk behavior and overall potential and growth.

There’s an urgent need to find mentors for over 100 waiting youths, specifically males, in the Big Brothers Big Sisters program of the Twin Tiers. Volunteering just a few hours a month with a child can start something amazing. So, why not apply today. There are kids out there ready to get started. Are you?

For more information, please contact [Contact@twintiersbbsbs.org](mailto:Contact@twintiersbbsbs.org) or call Shea Kahlon at 607-766-1301.

“A mentor empowers a person to see a possible future, and believe it can be obtained.” –Shawn Hitchcock



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## Tips for Staying Healthy through the Holidays

by Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension

The holiday season is one filled with wonderful foods and treats from Halloween all the way through to New Year’s Day. Whether you are someone who tends to over-indulge or one who stresses over trying to maintain a healthy weight through this time, there are ways to manage your food choices so you can both enjoy the special delicious flavors and continue to fuel your body with nutritious foods that help you digest those richer holiday specialties.

Plan to have high fiber foods in your home for meals and snacks. Holiday foods tend to be high in fat and sugar, and while that makes them taste delicious, they may also make you feel sluggish and tired! The trick is to counterbalance them with fruits, vegetables, and whole grains. For example, when using leftover turkey, combine it with a whole grain – maybe a sandwich using a whole wheat bread or in a hot casserole that includes brown rice, quinoa, barley, or whole wheat pasta. Even a small amount of fiber helps in feeling more full and satisfied.

Remember that fiber is found in fruits and vegetables as well as whole grains. For every sweet treat, try balancing it with a snack of raw vegetables and a yogurt-based dip or hummus. Or reach for some fruit. If raw fruits and vegetables are difficult to chew, try using canned or frozen fruit.

Before you go to a holiday gathering, be sure to have a nutritious breakfast that includes fruit and/or vegetables and a whole grain. That will energize your day and help you be at your best. Some examples: whole wheat toast with half an avocado and some chopped tomatoes; or oatmeal with berries and fat-free Greek yogurt topped with cinnamon; or maybe an egg whisked together with some chopped peppers & onions or mushrooms and a bit of cheese served with some toast and a small glass of juice.

Apples, berries, pears, pumpkin & squash are all higher fiber foods that will help you have a healthier holiday season. Feel free to indulge on them!

### Sudoku Answers

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



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## Shop Local This Season for all Your Gift Giving Needs

### Give the Gift of Senior Center Meals

If you have a loved one who would enjoy a hot meal and the good company of others, consider stopping at any of our 8 Senior Centers to pick up a gift card this holiday season. Each meal is a suggested contribution of \$3.50 for those 60 and over, or a charge of \$4.50 for those under the age of 60. You can prepurchase one or more meals in advance, and you will receive a gift ticket to place in a greeting card or gift box for your loved one.

We invite you to browse the monthly menu selection on the back page of each *Senior News* edition. There is something for everyone with a wide variety of recipe selections, including savory pub burgers, halupki and mashed potatoes, herb rubbed baked fish, and more.

Most importantly, remember this holiday season that when you give the gift of a meal, you also provide the opportunity to meet new friends, take part in activities, join wellness classes, and more. See the "Look What's Happening at the Centers" section of this paper for the addresses and phone numbers for all centers in Broome County, as well as a listing of scheduled special events.



### Find Treasures and Trinkets at Senior Center Craft and Gift Shops

Several of our local centers feature unique, handmade, and reasonably priced items that make perfect gifts for the holidays. Shoppers of all ages are welcome to browse one of these locations. Please bring your face mask.

- Broome West Senior Center, Endwell: M-F, 9 am-3 pm  
Featuring crafts and a variety of handsewn items.
- Eastern Broome Senior Center, Harpursville: M-F, 9 am-2:30 pm  
Featuring handmade baby clothing, crafts, and household items.
- Northern Broome Senior Center, Whitney Point: M-F, 9 am-3 pm  
Featuring gift baskets, gently used household items, jewelry, and festive ornaments.
- First Ward Senior Center, Binghamton: M-F, 8:30 am-3:30 pm  
Featuring knitted and crocheted handmade items.

### Connect Loved Ones to Valuable Information with a Senior News Subscription

Do you know of someone who would enjoy receiving home delivery of the *Senior News* each month? You can give the gift of an annual subscription for a suggested contribution of \$12.00. Contact the Office for Aging for more information at (607) 778-2411.

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## This Month...

We answer a question about Office for Aging ID Cards.

### Question:

**My friend at the Broome West Senior Center in Endwell told me that she has an OFA ID card. I don't have the ID card, but I'd like to learn more. What are the benefits of getting this card, and how do I apply for it?**

### Answer:

Getting an Office for Aging ID Card application is easy and convenient. The card is free of charge, and it will help connect you to services such as transportation and Senior Center programs and activities. You have the option to stop at a Senior Center and ask a staff person for an application, or you may call the Office for Aging and request one to be mailed to you. You can also download the application online.

Once we receive your completed OFA ID Card application along with proof of age and a consent form, your new card will be created, laminated, and mailed to you. Depending on your age, you will receive one of these 3 cards:

- The Yellow Card: This card is for those age 65+ and it can be used for the OFA Mini-Bus, and for discounted fares on the BC Transit fixed route and BC Country buses. It can also be used to demonstrate eligibility to participate in Senior Center programs and activities.
- The Blue Card: This card is for those ages 60 to 64, and it can be used for the OFA Mini-Bus and to receive discounted rates on BC Country buses. It can also be used to demonstrate eligibility to participate in Senior Center programs and activities.
- The Tan Card: This card is for those under the age of 60 who are married to someone age 60 or older. This card demonstrate eligibility to participate in Senior Center programs and activities.

If you have any questions, please call the Office for Aging at (607) 778-2411 or speak to a staff person at your local Senior Center. If you would like to read more about the ID card online or download a copy of the application from home, please visit us at: <https://www.gobroomecounty.com/senior/idcard>

## 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](mailto:ofa@broomecounty.us)
- Write to us via postal mail at:  
Broome County Office for Aging  
PO Box 1766, Binghamton, NY 13902

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# 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.

## Senior Center Closings

All Broome County Senior Centers will be closed on these days in December:

**Christmas Eve, Friday, December 24th**  
**New Year's Eve, Friday, December 31st**

## 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 will receive 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.

## 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, 11 am  
**Wed & Fri:** Ceramics, 9 am

### Special Activities

12/1,15 Swinging Swans (Hand, Knee & Foot Card Game), 10 am  
 12/2 Executive Board Meeting, 9:30 am  
 12/6 Healthy Holiday Habits Nutrition Education w/OFA & Annual Survey, 11:15 am  
 12/13 Legal Aid (reservation required), 9 am  
 12/13 Project Hope, 12 pm  
 12/15 Christmas Chorus Concert, 1 pm  
 12/21 Cooperative Extension Nutrition & Cooking Class:  
 Energy Foods: Fruits, Veggies & Whole Grains, 12 pm

## 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, 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:** Cards & Gardening, 10-11:30 am

### Special Activities

12/6 St. Nicholas Day Festivities, 10:15 am  
 12/7 Sign Up for Cookie Exchange, 10 am  
 12/9,10 Help Decorate for the Holidays, 10:15 am  
 12/15 National Cupcake Day, 10:15 am  
 Cooperative Extension Nutrition & Cooking Class:  
 Energy Foods: Fruits, Veggies & Whole Grains, 10:30 am  
 12/17 National Ugly Sweater Day  
 12/21 Food Bank, 10 am  
 12/22 Cookie Exchange (bring ½ dozen cookies), 10:30 am  
 12/29 New Year's Tea and Goodies, 10:30 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:** Bingo, 12:50 – 2 pm  
 Balance & Stretch, 10:30 – 11:00 am  
 Tai Chi, 11:15 – 12 pm

### Special Activities

12/2 Wii Play, 10 am – 12 pm  
 12/7 Wooden Snowman Crafts, 11 am – 12 pm  
 12/9 Wii Play, 10 am – 12 pm  
 Breakfast for Lunch, 10:30 am – 12 pm  
 Healthy Holiday Habits Nutrition Education  
 w/OFA & Annual Survey, 12 pm  
 12/16 Stretching for Seniors, 11 – 11:30 am  
 12/23 Wii Play, 10 am – 12 pm  
 12/23 Seasonal Carols w/Joan, 12:50 pm – 1:00 pm

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

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

**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**

- 12/1 Healthy Holiday Habits Nutrition Education w/OFA & Annual Survey, 10:30 am
- 12/2 Legal Aide (registration required), 9 am – 12 pm
- 12/8 Cooperative Extension Nutrition & Cooking Class: Energy Foods: Fruits, Veggies & Whole Grains, 10:30 am
- 12/14 Downsize & Declutter Chat, 3 pm
- 12/15 Holiday Music by Saxophonist Dan Bolton, 11 am
- 12/19 *Sun.* Drop Off Baked Good Donations for Bake Sale by 12 pm
- 12/20 Holiday Bake Sale, 9:30 am  
Music by Marian Tewksbury, 11 am  
Pizza Brunch (call to reserve), 12 pm
- 12/21 Site Council Meeting, 9:30 am
- 12/23 Fabulous Flakes Presentation w/Jim Baldwin, 11 am

**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:** 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 (\$5); Stretch & Strength, 1-2 pm; 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 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**

- 12/1 The Medicine Shoppe: Glucose, Blood Pressure & O2, 10 am – 12 pm
- 12/6 Stay Healthy Caregiver Support Group, 1-2:30 pm
- 12/8 First Ward Senior Chorus Performance: 10:45 am – 11:45 am
- 12/15 Book Club (The Christmas Train by David Baldacci), 3 pm – 4 pm
- 12/16 Legal Aid (reservation required), 9 am-12 pm
- 12/14 Coop. Extension Nutrition & Cooking Class: Energy Foods: Fruits, Veggies & Whole Grains, 11:15 am
- 12/22 Haircuts with Debbie Roberts, 10-11:30 am

**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

**Northern Broome, continued****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, 10:30 – 11:30 am**Friday:** Bingo, 10:30 – 11:30 am; Knitting, 1 – 3 pm**Special Activities**

- 12/2 Christmas Ornament Decorating, 9 am
- 12/3 Healthy Holiday Habits Nutrition Education w/OFA & Annual Survey, 10 am
- 12/7 Golden Agers Gathering, 12 pm
- 12/9 Christmas Cake Walk, 12 pm
- 12/14 Game Day, 9 – 11:30 am
- 12/17 Ugly Christmas Sweater Day
- 12/20 Cooperative Extension Nutrition & Cooking Class: Energy Foods: Fruits, Veggies & Whole Grains, 9:45 am
- 12/21 Golden Agers Gathering, 12 pm

**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**

- 12/2 Healthy Holiday Habits Nutrition Education w/OFA & Annual Survey, 12:15 pm
- 12/7 Holiday Breakfast, 8 am – 9:30 am
- 12/8 Finance Officers Meeting, 10:30 am – 11:30 am
- 12/8 Site Council Meeting, 12:30 pm
- 12/13 Children’s Visit to Holiday Shop, Morning
- 12/15 Book Club, 10 am
- 12/20 Holiday Cookie Exchange, 12:30 pm
- 12/23 Holiday Drawing for Prizes, 10 am – 12:15 pm  
Cooperative Extension Nutrition & Cooking Class: Energy Foods: Fruits, Veggies & Whole Grains, 10:30 am
- 12/27 Horse Racing with Bonnie Hill, 10:30 am
- 12/29 Legal Aid (reservation required), 9 am – 12 pm

**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 encouraged); Bridge (new players welcome), 12 pm; Oil Painting, 1 pm**Thursday:** Card Group, 9 am; Bingo 1st and 3rd Thurs, 10:15 am; Ice Cream, 12 pm**Fridays:** Mahjong, 9:30 am; Chef Salads, 11:30 am (call to reserve)**Special Activities**

- 12/6 Chop and Chat, 10 am
- 12/6 King High Card Game, 12 pm
- 11/3 Sandwich Bar, 11:30 am
- 12/9 Craft Day (reservation required), 10 am
- 12/14 Vestal Senior Club Meeting Day, 12:15 pm
- 12/16 Left, Right, Center – Dice Game, 12 pm
- 12/17 Pizza or Chef Salads & Bunko (reservation required), 11:30 am
- 12/20 Chop and Chat, 10 am
- 12/22 Cooperative Extension Nutrition & Cooking Class: Energy Foods: Fruits, Veggies & Whole Grains, 10:30 am

# December 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.*

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.		<b>Rotisserie Chicken</b> 12/1 Brown Rice Pilaf Winter Squash Ice Cream Cup	<b>Sliced Ham</b> 2 Scalloped Potatoes Brussels Sprouts Apple Crisp	<b>Tuna Fish</b> 3 <b>OR Pub Burger</b> Baked Beans Red Potato Salad Chocolate Pudding
<b>Macaroni &amp; Cheese</b> 6 Stewed Tomatoes French Cut Green Beans Mandarin Oranges	<b>Chicken Salad Croissant</b> 7 Baby Beets Cottage Cheese Pineapple	<b>Swiss Steak</b> 8 Mashed Potatoes Broccoli Sugar Cookie	<b>Classic Meat Lasagna</b> 9 Wax Beans w/Pimento Garden Salad Fruited Gelatin	<b>Chicken Marsala</b> 10 <b>OR Herb Rubbed Pollack</b> Mashed Potatoes Peas & Carrots Bread Pudding
<b>Beef Stew over a Biscuit</b> 13 Broccoli Applesauce Snickerdoodle Cookie	<b>Liver w/Onions</b> 14 <b>OR Lemon Basil Chicken</b> Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	<b>Roast Turkey w/Cranberry</b> 15 Baked Potato Baby Carrots Apple Pie	<b>Swedish Meatballs</b> 16 Buttered Noodles Peas Pumpkin Cake	<b>Grandma's Meatloaf</b> 17 <b>OR Broiled Fish w/Lemon</b> Cheesy Mashed Potatoes Cut Green Beans Pears
<b>Broccoli &amp; Cheddar Omelet</b> 20 Hashbrown Potatoes Spiced Peaches Chocolate Chip Cookie	<b>Rotisserie Chicken</b> 21 Brown Rice Pilaf Stewed Tomatoes Fruited Gelatin	<b>Pub Burger</b> 22 <b>OR Tuna Salad Sandwich</b> Harvest Vegetable Soup Pears Applesauce Bar	<b>Pub Style Battered Fish</b> 23 <b>OR Sausage w/Peppers &amp; Onions</b> Baby Red Potatoes Salad Strawberry Shortcake	<b>Senior Center Closed</b> 24 <b>Happy Holidays!</b>
<b>Baked Ziti Parmesan</b> 27 Sausage Florentine Soup Ice Cream Cup	<b>Sweet &amp; Sour Pork</b> 28 <b>Over Brown Rice Pilaf</b> Broccoli Florets Orange Cranberry Bar	<b>Halupki</b> 29 <b>OR Roasted Chicken Thigh</b> Mashed Potatoes French Cut Green Beans Mandarin Oranges	<b>Beef Stroganoff</b> 30 <b>OR Herb Rubbed Pollack</b> Buttered Noodles Sliced Carrots Peach Crisp	<b>Senior Center Closed</b> 31 <b>Happy New Year!</b>

**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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