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Love Yourself this February!

Valentine's Day is here, and suggestions for doing something special for those we love are all around us. While it is important to express our appreciation for others, it is also important to think about the way we treat ourselves. When was the last time you did something for yourself? This month, consider being kinder to yourself than you have ever been.

We have often heard the expression, "You can't pour from an empty cup." When you take time to care for yourself, you feel more equipped to care for others. With that in mind, fill yourself up with those things your body, mind and spirit need to feel good, and then notice how it gives you more energy to be a better parent, grandparent, friend, spouse, etc.

This edition of the *Senior News* provides suggestions for being kind to yourself this season. Whether you take a day to enjoy fun activities, splurge on a specialty coffee, soak up nature, or simply cook a heart-healthy dish that tastes delicious, be your own Valentine by loving yourself in some special way, big or small. As Lucille Ball once said, "Love yourself first and everything else falls into line."

Even though this month is the shortest one of the year, it should still be sweet, nonetheless. Happy February from the Office for Aging.



Thank You to all our Chefs and Bakers

In December of 2021, we held a recipe contest and prize drawing. We received so many exceptional entries from our readers that we would like to feature them throughout the rest of the year in the *Senior News*. Please watch for these recipes in future editions of the paper. Most importantly, keep cooking, baking, and eating well. Bon Appétit!

Thank You to Sodexo

The Broome County Office for Aging would like to thank our food service vendor Sodexo for a very good year! In 2021 Sodexo faced many challenges due to extensive food and staffing shortages. Even through these challenges, Sodexo served over 255,000 nutritious meals to 2,750 seniors in Broome County. These meals were served at eight local senior centers, Meals on Wheels, and the Social Adult Day Program.

As we start a new year, we are confident that even though the food and staffing shortages will likely continue in 2022, Sodexo will strive to make nutritious and tasty meals for older adults in our community.

RANDOM ACTS OF KINDNESS DAY

Thursday, February 17, 2022



Did you know that February 17th is set aside as Random Acts of Kindness Day? Mark your calendar and join the effort. If you would like to learn more and get ideas on how you can offer a kind gesture to someone, visit the Random Acts of Kindness Foundation online at <https://www.randomactsofkindness.org/rak-day-2022>.

Also, share the news with your grandchildren and all those who enjoy coloring:

This year, the Random Acts of Kindness Foundation is holding a coloring contest from February 1st through February 17th. Five random entries will be selected to receive a prize. The coloring sheet can be found and printed by visiting the foundation's website listed above. Good luck!

COVID-19 fluctuations could postpone or cancel events/activities listed in the *Senior News*.

Please consider calling ahead to determine if events/activities you are interested in are still occurring as scheduled.

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/



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

Be Kind to Your Heart: Celebrate American Heart Month

Each February, The National Heart, Lung and Blood Institute (NHLBI) celebrates American Heart Month by asking Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. National Wear Red Day® is also celebrated each year on the first Friday in February to bring greater attention to heart disease. One way you can be kind to your heart this February is by remembering to cut back on saturated fats in your diet. Choosing unsaturated fat in place of saturated and trans fats can reduce your risk of heart disease and improve “good” (HDL) cholesterol levels. Saturated fat is often found in foods that are solid at room temperature.

Try to limit these foods high in saturated fats:

- Desserts and baked goods, such as cakes, cookies, donuts, pastries, and croissants
- Many cheeses and foods containing cheese, such as pizza, burgers and sandwiches
- Sausages, hot dogs, bacon, and ribs
- Fried potatoes (French fries) – if fried in a saturated fat or hydrogenated oil
- Regular ground beef (85% lean) and cuts of meat with visible fat
- Fried chicken and other chicken dishes with the skin
- Whole milk and full-fat dairy foods and dairy desserts

Replace foods high in saturated fat with foods higher in unsaturated fat. Unsaturated fats are found in plants and fish, such as vegetable oils, peanuts, avocado, and salmon.

Ways to Take Part in Heart Month by Raising Awareness of Heart Health:

- Wear red clothing or accessories on Friday, February 4th for National Wear Red Day ®.
- Commit to a walking schedule with a friend or family member, even if you can’t walk together.
- Challenge your organization, social group, or family to participate in a “steps” contest. Use activity trackers to see which team or person takes the most steps.
- Try a new recipe weekly. Ask friends and family to share their favorite heart-healthy recipe with you.
- Use social media to learn about and promote information about heart health to your friends and followers.
- Make television watching more active by stepping in place or walking around the house during the commercials, or just stand up and stretch.
- Sign a social support “contract” with 3 family members or friends who also want to lose weight. Commit to being there for each other through the journey.
- Plan a date to go on a hike or cook a heart-healthy meal with your loved one on Valentine’s Day.

To learn more:

For more information on ways you can stay active and design a heart-healthy diet, visit the USDA’s MyPlate website at <https://www.myplate.gov/eat-healthy/more-key-topics> or the National Institute on Aging website at <https://www.nia.nih.gov/health/important-nutrients-know-proteins-carbohydrates-and-fats>.

For more information on American Heart Month or National Wear Red Day, visit the National Institute of Health’s website at <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/american-heart-month/about>.

Laugh Break

What do you call two birds in love?
Tweethearts

Mark Your Calendar! Upcoming Community Events

Chinese New Year Celebration

The Discovery Center of the Southern Tier
60 Morgan Road, Binghamton
Saturday, February 5th, from 11:00 am-2:00 pm

Take the kids in your family to celebrate Chinese Lunar New Year. This year is the Year of the Tiger, known as the King of Beasts in China. According to the Chinese zodiac, if you are born in the Year of the Tiger, you are competitive, self-confident, and brave and possess willpower, courage, and strength. 2022 will be a year of positive changes and surprising developments. Share the culture and traditions of Chinese Lunar New Year with the Confucius Institute of Chinese Opera from Binghamton University, make a lantern, and join in the Dragon Parade to ring in the New Year! All activities and performances are free with admission; \$9 for non-members or free for members. For more information, go to the website below or call **607-773-8661**.

<https://thediscoverycenter.org/>

Polish Wieniawski Philharmonic Orchestra

Anderson Center for the Performing Arts
4400 Vestal Parkway E, Vestal
Saturday, February 19th at 3:00 pm

Emerging from the rubble of WWII, the Polish Wieniawski Philharmonic Orchestra first gained prominence in its homeland nearly 80 years ago, performing the country’s first post-war symphony concert. Since then, the orchestra has grown into the largest music institution in eastern Poland, counting some of Europe’s greatest performers amongst its ranks. Join principal conductor Wojciech Rodek and this acclaimed ensemble for a special Saturday matinee performance of Beethoven’s Symphony No. 5, Chopin’s Piano Concerto No. 2, and Rossini’s Overture to La Gazza Ladra (The Silken Ladder). The Anderson Center Box Office can be reached at **607-777-2787** or at the website below.

<https://binghamton.edu/anderson-center/>

Sugar Creek Maple Farm

2490 Glenwood Road, Vestal

By appointment during the maple season, February and March

Learn about maple syrup production at a real working farm. Tour the operation during maple season, February and March, depending on weather. If you’d like, you can sample and purchase locally harvested products including maple syrup and cream, maple granola, maple tea and maple sugar at this 150-acre farm established in 2009 by a family of 4th, 5th and 6th generation maple syrup producers. To arrange a tour, go to the website below or call **607-239-5636**.

<http://www.sugarcreekmaplefarm.com/>

Still Time to Apply for Heating Assistance this Winter The Home Energy Assistance Program (HEAP)

HEAP is scheduled to close on March 15th, 2022, or when funds are exhausted. If you are age 60 or older or receive disability income, you can request an application by calling the Office for Aging at 607-778-2411. All others can apply at the Career & Community Services Center (formerly Department of Social Services) at Oakdale Mall in Johnson City by calling **607-778-1100, option 8**. You can also apply online at www.mybenefits.ny.gov.

Emergency HEAP is also available until March 15th, 2022, or when funds are exhausted, to eligible households when loss of heat is imminent (utility service termination, less than a ¼ tank of oil, kerosene, or propane, or less than a 10-day supply of other deliverable fuels). To apply or for more information, contact the Career & Community Services Center at **607-778-1100, option 8**.

The Heating Equipment Repair and Replacement (HERR) program assists eligible homeowners whose primary heating equipment is inoperable or unsafe and in need of repair/replacement. To apply for this program, contact the Career & Community Services Center at **607-778-1100, option 8**.

Caregiver Corner

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



Caregiver Event

The Ford Family Wellness Center for Seniors

Date: Wed, February 16th

Time: 1:00 – 2:30 PM

Location: Virtual Zoom Meeting

Presenter: Rene Conklin LMSW, Elder Services Coordinator at Binghamton University

This presentation will cover the services that can be provided through the Elder Services Center at Binghamton University. The presenter will discuss what types of clinical services are available, community education services and how to assess caregiver stress.

Pre-registration required.

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

Caregiver Chat Groups

The Stay Healthy Caregiver Chat: participants will call in using a landline or cell phone.

Date: Monday, February 7th

Time: 1:00-2:30 PM

Dial-In: (607) 778-6547

Meeting Code: 2187#

Attendee Access Code: 123456#

The Wayne Street Caregiver Chat: participants use the Zoom platform or phone

Date: Wednesday, February 16th

Time: 9:30-11:00 AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09>

Zoom ID: 98867802737

Zoom Password: 037464

For questions on the Wayne Street Caregiver Chat, call (607) 778-2946 or email Machelle.spinelli@broomecounty.us

Scam of the Month

Banking Scams

There are a variety of banking scams that are consistently happening in our area. Below are a few examples:

- **Overpayment Scam:** You receive a check with instructions to transfer or wire some of the money back. By the time the check has bounced, the money you wired is long gone.
- **Unsolicited Check Fraud:** If you cash a check that is not something you expected to receive, you may be authorizing a purchase or signing up for a loan that you did not want.
- **Automatic Withdrawals:** While these can be convenient, beware. Free trials of items that ask for your credit card may automatically enroll you in a subscription. This can lead to automatic withdrawal of monthly payments after you sign up.
- **Phishing:** You receive an email asking you to verify your banking information or debit card information, when truly the email is a scammer looking for your information.

If you aren't sure about something, consult your bank teller.

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 February



The Nature Walking Club continues to enjoy winter scenery all season long. 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.

- **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.

Also, mark your calendar now for March's walking dates:

- **March 10, 10 am: Broome County 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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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)

First Ward Travelers

Contact: Liz W. (607) 222-8440

Smoky Mountains, Tennessee

April 24-29, 2022

\$890/person (double occupancy)

\$150 deposit due at sign-up

Port Crane Seniors

Contact: Ruth (607) 648-8425 or Donna (607) 648-6071

Alaskan Cruise

September 11-18, 2022

Inside Cabin \$2,729/person

Balcony Cabin \$3,289/person

\$300 deposit due 3/1/22



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Take Time for Yourself

This February, be your own Valentine and treat yourself to something special. Some of the best ideas often come from the examples of others. So, we checked in with our staff at the Office for Aging to find out about their favorite ways to be kind to themselves. Perhaps one of these ideas will inspire you, too!



"I like to treat myself to anything warm and comforting. Some days it's a cup of tea or cocoa, other days it's a hot bath or fuzzy socks. When I am feeling overwhelmed or down, you can find me warming up on my treadmill or with my feet up in my recliner, sipping my hot beverage with my heating pad on my lap!"
Mary, Broome County Office for Aging Director

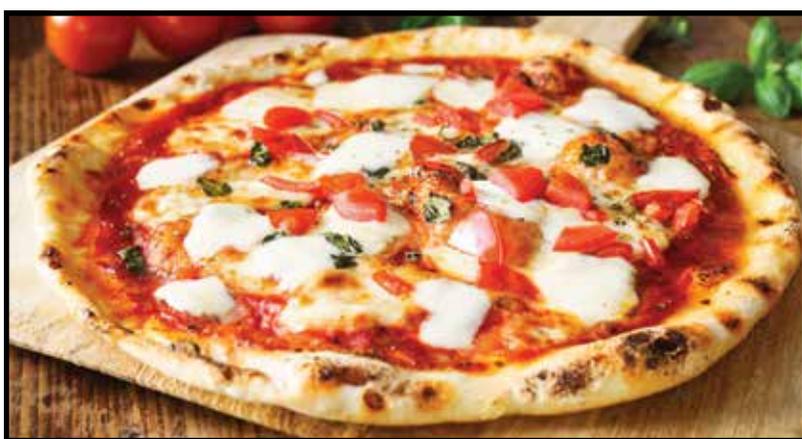
"Something I do for myself nearly every day is to make time for exercise. I love to go on long walks or even go for a run. The exercise relieves life's daily stresses as I focus my thoughts inward, and it just plain makes me feel good about myself!"
Vince, Foster Grandparent Program

"I take care of myself by spending time outdoors and hiking or walking with my family. My favorite hikes are fall days when the sun streams through brightly colored leaves and during or after a snowfall when everything is white and icy (always wearing my micro-spikes for safety). The feeling of calm and wonder and distance from the stresses of life is very soothing. These are also great times for having conversations without the distractions of being at home."

Danielle, Home Energy Assistance Program (HEAP)

"I treat myself to time at the park, where I can get away from electronic devices and find a quiet spot to sit and just let the world turn, while I breathe and take it all in. The quiet gives me time to ponder ideas, think of goals for my future or simply count my blessings that I can get close to nature, away from the hustle and stress of life. It helps center me and always gives me something to smile about, like a pretty bird's song, the sunshine on my face or just moments of perfect stillness. And best of all, it's free!"

Eileen, NY Connects

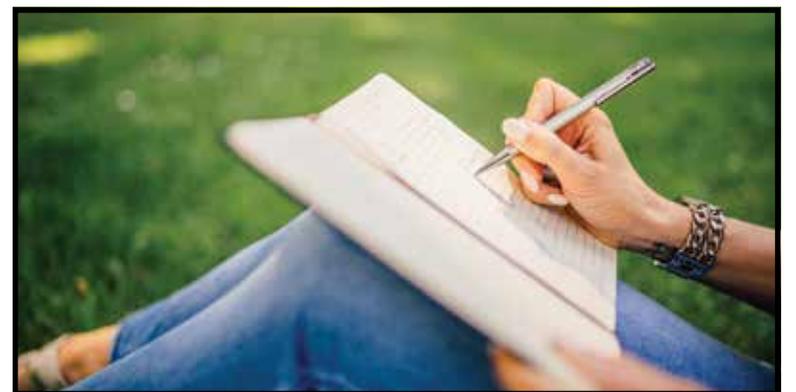


"I treat myself to homemade pizza. I schedule an evening reserved just for pizza making, and I take the time to prepare everything from scratch and chop up all my favorite toppings: green peppers, black olives, red onions, and fresh basil. I play my favorite music while I cook, and I enjoy that time to be creative and build something delicious, colorful, and personalized just to my liking."

Sofia, Senior News

"Journaling has become a new hobby for me. It's a great way to freeze those positive, happy moments that can occur on any given day and bring us a smile or laugh later when we reflect back on them." #Laughing Matters

Sarah, Information & Assistance



"I like to treat myself to some alone time with my cats. I like to curl up with some iced coffee, comfy clothes and watch a movie with my cats. I do this anytime I need a break from the stressors of life, or just because it's Tuesday."

Nicole, Senior Helpers Program

Thank you to the Office for Aging staff for sharing these ideas with all our readers. The possibilities don't end here. Perhaps you will choose to get a haircut, a cookie from your favorite bakery, or a new best-selling novel. If items like these aren't your preference, think about experiences that will make you feel good. Set a breakfast date with your best friend, take a long drive in a scenic area, or spend an afternoon reminiscing with your scrap books and photo albums. Also, remember to check the "Mark Your Calendar" section of community events in each edition of the *Senior News* for other fun ideas. Here's to appreciating yourself this February!

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
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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
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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)
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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

Keep Physical Activity Part of Your Daily Routine

Looking for some new ideas to stay active? 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:

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. Call (607) 778-2411 to sign up.

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*.

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.



Do you see RED?

Downsize & Declutter Discussion

Tuesday, February 8, 3 PM

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

When we don't know where to start with the declutter process, try selecting a color (such as red) or a shape (such as hearts). Then search the house to find items that you're willing to discard from that category. This month, don't forget to search past Valentine's Day cards, books, puzzles or linens that might need to be discarded or donated. Join us on February 8th to chat more.

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 8

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

NY Project Hope

Coping with COVID

How are you feeling during the COVID -19 Pandemic?

JOIN OUR WEEKLY SUPPORT GROUPS

This group welcomes everyone to openly engage with a team of trained Crisis Counselors. Our team is here to listen to your thoughts and/or concerns regarding the impact of the COVID-19 Pandemic.

Mondays 2:00pm @ MHASt, 47 Broad Ave, Binghamton NY 13904

Thursdays 5:30pm @ MHASt, 47 Broad Ave. Binghamton NY 13904

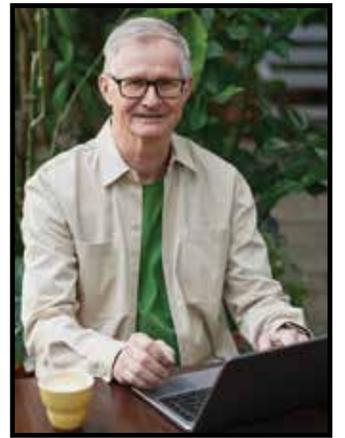
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No Registration Required




Make the Most of Your Electronic Devices to Connect with Others

This winter, remember that virtual programs are available while you are spending more time indoors and at home. 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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FYZICAL Johnson City
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FYZICAL Riverside
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Bing, NY 13905

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Marian Apartments
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Watkins Glen NY | 800-838-0441

Wells Apartments
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Windsor Wood Apartments
Windsor NY | 607-655-4191

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VALENTINE'S DAY TRIVIA

Answers on Page 10.

1. "Conversation Heart" candies have grown popular on Valentine's Day because of the cute messages that are written across them. What company first produced these?
2. How many roses are sent on Valentine's Day each year, approximately?
3. How many heart shaped chocolate candy boxes are purchased on Valentine's Day?
4. The most flowers are sent on what other holiday besides Valentine's Day?
5. True or False: Red roses symbolize friendship.
6. True or False: The most red roses in America are produced in the state of Florida.
7. In what year did Hallmark begin making Valentine cards?
8. What US state produces the most chocolate?
9. This star from "The Brady Bunch" was born on Valentine's Day.
10. True or False: Hershey Kisses now come in mint truffle flavor.

In February, Save Room for Dessert.

This month we feature desserts that incorporate combinations of chocolate, fresh fruit, yogurt and tofu. Whether you are looking for the perfect finale for your Valentine's dinner or just a special weeknight treat, these healthful selections are guilt-free and sure to please.



Fudgy Fruit

Fruit, nuts, and chocolate make this Valentine's dessert feel like a decadent treat. No baking and minimal prep time keep it simple, fresh, and doable even on a hectic day.



Ingredients

- 2 tablespoons chocolate chips (semi-sweet)
- 2 bananas (large, peeled and cut into quarters)
- 8 strawberries (large)
- 1/4 cup peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or
5. until the chocolate hardens. Serve chilled.

Nutrition Information: 151 Calories; 6g Fat; 0mg Cholesterol; 24g Carbohydrates; 4g Fiber; 3g Sugar; 3g Protein. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fudgy-fruit>

Angel Food Pastry with Fresh Berries and Whipped Cream

Light and fluffy angel food cake is mixed with yogurt and a sprinkle of berries on top. This recipe can be microwaved in a mug for a perfect single serving.



Ingredients

- 1 ounce angel food cake mix (3 tablespoons)
- 1/8 cup yogurt, low-fat vanilla (2 Tablespoons)
- 3 cups raspberries (about 3)
- 2 strawberries, sliced
- 1 1/2 tablespoons lite whipped topping (can use 1-2 Tablespoons)

Directions

1. Scoop 3 tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Place 1 tablespoon of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.

Nutrition Information: 161 Calories; 2g Fat; 2mg Cholesterol; 34g Carbohydrates; 2g Fiber; 25g Sugar; 4g Protein. Serves 1.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/angel-food-pastry-fresh-berries-and-whipped>

Instant Chocolate Mousse

Silken tofu is used in this recipe to add a creamy texture without added fat. There are several types of tofu available at the grocery store. Silken tofu is often called soft tofu. It has a delicate texture and will fall apart more easily than firm tofu.



Ingredients

- 1 box of instant chocolate pudding mix (3.9 ounce)
- 1 1/4 cups soy milk (cold)
- 1 package silken tofu (14 ounce)

Directions

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving. Top with fruit (optional).

Nutrition Information: 183 Calories; 4g Fat; 0mg Cholesterol; 29g Carbohydrates; 1g Fiber; 22g Sugar; 8g Protein. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/instant-chocolate-mousse>

Pumpkin Chocolate Muffins

This dense, moist chocolate muffin contains no fats or oils. The secret ingredient is canned (or pureed) pumpkin that binds the ingredients together for a tasty, satisfying treat.



Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup cocoa powder
- 1 can pumpkin
- 1 cup water
- 1/2 cup chocolate chips

Directions

1. Whisk all the dry ingredients together. Add pumpkin and water.
2. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips.
3. Place batter into 24 prepared muffin tins and bake at 350°F for 10-12 minutes.

Nutrition Information: 90 Calories; 1g Fat; 0mg Cholesterol; 19g Carbohydrates; 2g Fiber; 9g Sugar; 2g Protein. Serves 24.

Adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-chocolate-muffins>

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. Here are some tips from the National Institute on Aging to help you stay ahead of hypothermia and keeping warm all season long.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause health problems. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia and have a comfortable winter.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. Do not let it get too cold inside and dress warmly.

Suggestions for keeping warm while you're inside include:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.

What Are the Warning Signs of Hypothermia?

Early signs of hypothermia:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia:

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

Call 9-1-1 right away if you think someone has warning signs of hypothermia. If you have questions about ways to avoid hypothermia this season, contact your healthcare provider. If you have questions about the Home Energy Assistance Program (HEAP), see Page 2.

You can stay ahead of hypothermia by preparing. Remember, warmer days are on the way!

Adapted from: <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

Did You Know?

According to the Guinness World Records, the largest piece of chocolate was recorded in 2007. It was a Hershey's Kiss weighing just over 30,000 pounds. The candy was made in celebration of the 100th anniversary of the Hershey Kiss.





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

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Question: As I age, I worry about being able to keep track of my bills and important paperwork. How do I appoint a representative to help me?

Answer:

Pre-planning not only makes things easier on you, but it also makes things easier on your family and friends. It is important to think about appointing representatives for those areas that you may need help with as you age. Here are some examples:

- **Power of Attorney (POA):** This is a designee who can handle financial and estate matters on your behalf, and it takes place immediately after signing. The POA does not remove your own ability to manage your financial matters; authority is given to the POA to also manage your affairs. The Legal Aid Society assists those age 60+ in Broome County with obtaining a POA at no cost. For more information, contact **The Legal Aid Society at 607-321-5900.**
- **Health Care Proxy (HCP):** This is a designee who can handle medical decisions if you are incapacitated. Examples include those times you are unconscious, sedated, or unable to make your own decisions. HCPs can be named anywhere and anytime, but this decision must be signed by witnesses. If you would like a copy of the HCP form, you can call the Office for Aging at 607-778-2411. If you would like to fill out a living will which details your wishes, contact **Action for Older Persons at 607-722-1251.**
- **Executor of Will:** This is a designee who will be responsible for settling all unsettled financial and property items after your death. The Legal Aid Society can assist anyone age 60+ in Broome County with establishing a will and executor. For more information, contact **The Legal Aid Society at 607-321-5900.**
- **Representative-Payee (Rep-Payee):** This is a designee who would receive your monthly Social Security check and be responsible for paying bills on your behalf. A rep-payee can be established by calling the **Social Security Administration at 866-964-3971.**

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

Laugh Break

Can February March?
No, but April May!

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

2/3 Legal Aide (By Appointment Only), 9 am – 12 pm
2/7 Nutrition Education, OFA: Sodium Sensibility, 11 am
2/8 Downsize & Declutter Chat, 3 pm
2/9 Coop. Extension, Nutrition Ed. and Cooking Class: Food Safety and Storage, 10:30 am
2/14 Valentine's Day Music by Melissa Mooney, 11 am
2/15 Site Council Meeting, 9:30 am
2/22 Bright & Beautiful Dogs, 12:30 pm
2/28 Pizza Brunch (call to reserve), 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 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

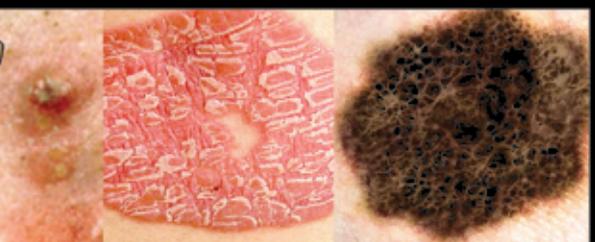
Special Activities

2/1 Decorate for Valentine's Day, 10:30 am
2/2 Nutrition Education, OFA: Sodium Sensibility, 10:30 – 11 am
2/4 GREED (Dice Game) Tournament, 10:15 am
2/9 American Heart Month, Come in for a Healthy Snack, 10:15 am
2/11 Superbowl Chocolate Squares, 10:30 am
2/14 Valentine's Day Goodies
2/16 Coop. Extension, Nutrition Ed. And Cooking Class: Food Safety and Storage, 10:30 am
2/23 Fabulous Flakes, 10:30 am

VALENTINE'S DAY TRIVIA ANSWERS

1. Necco; 2. About 50 Million;
3. 35 Million; 4. Mother's Day;
5. False, Yellow Roses; 6. False, California;
7. 1916; 8. Pennsylvania (Home of Hershey Chocolate Co.);
9. Florence Henderson; 10. True

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the Week
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**Broome County Senior Centers will be closed on Monday,
February 21st in recognition of President's Day.**

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 & Tai Chi, 10:30 am – 12 pm

Tai Chi, 11:15 am – 12 pm;

Bingo, 1 – 2 pm

Thursday: Wii Bowling, 10 am – 12 pm

Book Art Craft Class, 10:30 am – 12 pm

Special Activities

2/3 Book Art Craft Class, 10:30 am – 12 pm

2/10 Breakfast for Lunch, 10:30 am – 12 pm

2/17 Nutrition Education, OFA: Sodium Sensibility, 12:30 – 1:30 pm

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

2/3 Executive Board Meeting, 9:30 am

2/14 Legal Aid (reservation required), 9 am

2/14 Valentine's Day Entertainment by Wayne Beddoe, 12 pm

2/22 Nutrition Education with OFA: Sodium Sensibility, 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

2/2 The Medicine Shoppe: Glucose, Blood Pressure & O2, 10 am – 12 pm

2/7 Stay Healthy Caregiver Support Group, 1-2:30 pm

2/8 Nutrition Education, OFA: Sodium Sensibility, 10:15 am – 11 am

2/17 Legal Aid (reservation required), 9 am-12 pm

2/23 Coop. Extension, Nutrition and

Cooking Class: Food Safety and Storage, 12:30 pm – 1 pm

2/23 Haircuts with Debbie Roberts, 10-11:30 am

3/9 (NO BOOK CLUB IN FEB) Book Club: Fortune and Glory,

By Janet Evanovich, 3 – 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 ;

Wii Bowling, 12pm

Wednesday: Sewing, 10 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

2/1 & 15 Golden Agers, 12 pm

2/3 & 17 Homemade Breakfast Served (reservations appreciated), 11 am

2/14 Valentine's Day Games and Prizes

2/22 Organizational Meeting for Book Club, 12:30 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, (**Returning in Spring**); 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

2/3 Medication Safety Program, Megan Olmstead, 12:15 pm

2/4 Burger Bar, 11:30 am – 12:30 pm

2/9 Finance Officers Meeting, 10:30 – 11:30 am

2/9 Site Council Meeting, 12:30 pm

2/14 Valentine's Day Goodies & Sweetheart Stories

2/16 Book Club, 10 am

2/17 Golden Griddle, 11:45 – 12 pm

2/23 Legal Aid (reservation required), 9 am – 12 pm

2/24 Nutrition Education, OFA: Sodium Sensibility, 12:15 pm

2/25 Rainbow Table Raffle, 1 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 am

Wednesday: Knitting, 9:30 am; Sandwich Bar, 11:45 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

2/2 Vestal Senior Club Trip Sign Up for Hunterdon Hills, 9 am

2/9 Vestal Senior Club Trip Sign Up to Lancaster PA,
Sight and Sound Show

2/16 Nutrition Education, OFA: Sodium Sensibility, 10:45 am

2/17 Craft Day (please call for info.), 10 am

2/22 Vestal Senior Club Meeting Day, 12:15 pm

2/25 Pizza or Chef Salads & Bunko (reservation required), 11:30 am

2/25 Bunko, 12 pm

February 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.

	Liver w/Onions Chicken w/Cranberry Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	1	Classic Meat Lasagna Wax Beans w/Pimento Garden Salad Pears	2	Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler	3	Pub Burger OR Tuna Salad Sandwich Baked Potato Black Bean Salad Applesauce	4
Beef Stew over a Biscuit	Grandma's Meatloaf OR Herb Rubbed Pollack Mashed Potatoes Stewed Tomatoes Fruited Gelatin	7	Roasted Chicken Breast Apple Bread Dressing Mixed Vegetables Apple Crisp	8	Swedish Meatballs Buttered Noodles Peas Pumpkin Cake	9	Salisbury Steak OR Broiled Fish w/Lemon Cheesy Mashed Potatoes Cut Green Beans Pears	10
Rotisserie Chicken Baked Beans Red Potato Salad Strawberry Shortcake	Sweet & Sour Chicken Brown Rice Pilaf Garden Salad Peaches	14	Pub Burger OR Egg Salad Sandwich Harvest Vegetable Soup Applesauce Chocolate Chip Cookie	15	Liver w/Onions OR Lemon Basil Chicken Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	16	Pub Style Battered Fish OR Sausage w/Peppers & Onions Baby Red Potatoes Salad Mandarin Oranges	17
Centers Closed in Recognition of President's Day	Baked Ziti Parmesan Sausage Florentine Soup Banana	21	Roast Turkey w/Cranberry Baked Potato Broccoli Florets Cherry Crisp	22	Halupki OR Roasted Chicken Thigh Mashed Potatoes French Cut Green Beans Mandarin Oranges	23	Beef Stroganoff OR Citrus Rubbed Pollack Buttered Noodles Sliced Carrots Bread Pudding	24
Macaroni & Cheese Stewed Tomatoes Cut Green Beans Sugar 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.							28

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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