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OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

In this issue....

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

At the Office for Aging, many programs and services are in place to help you age well. Please see Page 7 of this edition of the *Senior News* for more information on some of those programs. Take advantage of an extra hand around the house with our Senior Helpers Program, caregiver respite options through our Yesteryears Social Day Program, and engaging activities at Broome County Senior Centers.

Often times, we are strengthened and inspired by seeing the positive change we can make in the lives of others. Volunteering is a great way to achieve this sense of value. Included on Page 9 is information on becoming a Foster Grandparent in local daycares and schools, and Page 9 displays an invitation to the Meals on Wheels Open House for new volunteers. Please consider these meaningful opportunities to give back in our local community and help others around you age well, also.

Warmer weather, sunshine, birdlife, trees and flowers all have a magical way of making us feel an energy that only springtime can bring. Set an intention to move into summer by engaging in activities that make you feel good, inside and out. As you browse this month's *Senior News*, you'll find ideas for using more fresh vegetables in your cooking, staying active with fitness programs, and filling your social calendar with senior center events, local programs, and group trips. As we said in last month's paper, "April showers bring May flowers." Now, it's time to enjoy those May flowers. Happy Older Americans Month!

BE OUR GUEST

YOU ARE CORDIALLY INVITED TO "BE OUR GUEST"

WHO: You!

WHAT: Tour and lunch

WHERE: One of the Eight Broome County Sr. Centers

WHEN: Any weekday in May

RSVP: Call a number below before noon the day before

If you are not currently a 'regular' at a senior center, the Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!" this spring. Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center.

Why should you take part? In May, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 8 locations to choose from. You will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

Who said there's no such thing as a free lunch? Allow us to offer you a complimentary, delicious lunch the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary meal tickets for your next visit to the center – come back on your own or bring a friend.

- Bridget at Broome West Senior Center (Endwell): (607) 785-1777
- Donna at Deposit Senior Center: (607) 467-3953
- Marcie at Eastern Broome Senior Center (Harpursville): (607) 693-2069
- Jessica or Liz at First Ward Senior Center (Binghamton): (607) 729-6214
- Kim at Johnson City Senior Center: (607) 797-3145
- Barb at North Shore Towers Community Center (Binghamton): (607) 772-6214
- Heather at Northern Broome Senior Center (Whitney Point): (607) 692-3405
- Jenn at Vestal Senior Center: (607) 754-9596

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

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www.facebook.com/BroomeCountyOfficeForAging/



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Kids Say it Best

As we celebrate Older Americans Month, it's important to find the perfect words to sum up how important older adults are in our families, friendship circles, and communities. Sometimes, kids say it best with their simple, heartfelt expression. We asked a few local young people to share why the elders in their lives are special to them. Here's what we heard, and the responses were a great reminder of just how influential we are to their generation:



When asked, "What do you love most about your grandparents?"

- Hart, age 2, shared: "Stories and books, and grandma gives me medicine. It's what grandmas do!"
- Kennedy, age 4, shared: "They love me and grandma takes care of me when I am sick and snuggles me."
- Aidan, age 10, shared: "My grandpa is nice, funny and has lots of great stories to tell."
- Abbey, age 14, shared: "My grandma always thinks about everyone around and puts everyone before herself."

Whether or not you are one of those grandparents who gives that perfect dose of medicine, we thank you for being great role models in the lives of our children. Older adults lead by example every day, and as we can see here, the little ones are noticing!

Falls Prevention Program & Annual Wellness Checkup

"I've fallen and I can't get up!" How many times have we heard comics deliver that line from a now-famous 1980s TV commercial?

The truth is that a dangerous fall is no laughing matter. But contrary to what you might think, falls are not a natural part of aging AND you can take steps to reduce your risk of falling.

Binghamton University's Department of Physical Therapy is seeking participants for a study investigating fall risk. This program will help you determine your risk for falls and give you strategies to prevent future falls. The program takes about 30 minutes to complete. Every station is voluntary and will be performed by investigators from Binghamton University.

To participate you must be:

- 55 years or older
- Able to walk at least 14 feet with or without an assistive device
- Without visual impairment not correctable with lenses

The purpose of this research is to quantify balance and walking ability among community-dwelling adults and it has been approved by the Binghamton University IRB. For more information, contact the investigators at (607) 777-4700 OR by email at vlugade@binghamton.edu

Participating Senior Centers (10 am – 2 pm):
Eastern Broome Senior Center (Harpurville) – May 3
Northern Broome Senior Center (Whitney Point) – May 10
Broome West Senior Center (Endwell) – May 24
Johnson City Senior Center (Johnson City) – May 31
North Shore Towers Senior Center (Binghamton) – June 7
Vestal Senior Center (Vestal) – June 14

Interesting statistics...

- More than 1/3 of adults 65 and older fall each year in the United States.
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Tips for Losing Weight and Keeping it Off

by Kathleen Cook, Nutrition Educator, Cornell Cooperative Extension

In May we usually see a transition from cooler to warmer weather, and sometimes that inspires us to get out of the house, get moving more, and maybe even improve our eating patterns away from the wintery creamy comfort foods to fresher and refreshing fruits and vegetables. Both increased activity and eating habit modifications will help you lose weight and keep it off.

To lose weight, you must eat fewer calories than your body uses, but that can just mean making some modifications in ingredients. Substituting low-calorie fruits and vegetables in place of higher calorie ingredients will give you more water and fiber and less calories. At breakfast you can add chopped or leftover vegetables to your eggs and reduce the cheese; if you are a cereal lover, try decreasing the amount of cereal in the bowl and increasing the fresh or slightly thawed frozen fruit. Use low-fat milk, and a smaller bowl.

Being aware of our eating habits helps us know what we need to change. Try keeping a food diary by writing down what you eat for a few days or taking photos of what you eat through the day. Once you review that, decide what you need to do differently. It may be cutting back on sugar sweetened beverages or sweet snacks. If so, try drinking water and eating a piece of fruit. You don't need to eliminate your favorite foods to make an improvement, maybe just smaller portions will make the difference you need.

Adding more fresh or frozen vegetables to your lunch or dinner and decreasing the total amount of rice, pasta, or bread will also lower the number of calories in a meal. That doesn't mean removing the grains, because they provide fiber and vitamins and minerals, but instead substituting a portion of them with the produce.

The other element needed for weight loss is activity. Move more, sit less. Maybe try walking, dancing, gardening, playing with the grandkids, bicycling, or playing basketball. Aim for ten minutes or more at a time, ideally 30 minutes daily. Find something you like to do and do it! For more tips, look for when I will be at your senior center this month (see pages 10-11).

Stay Cool This Summer with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance opens on May 2, 2022. If your household is eligible, you may receive assistance with the purchase and installation of one new air conditioner or fan to help your home stay cool. It is up to the recipient to maintain the air-conditioner and remove/reinstall it after the initial installation by a participating HEAP vendor. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

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

- Your household's gross monthly income is at or below the current guidelines for household size (\$2,729 for a 1-person household, \$3,569 for a 2-person household, higher limits for larger households)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- You received a Regular HEAP benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older

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

If you received 2021-2022 HEAP Winter Heating Assistance or if you have ongoing TA or SNAP, then you only need to complete a Cooling Assistance application.

To apply, please call The Career & Community Services Center (formerly known as Department of Social Services) at 607-778-1100, option 8.

Caregiver Corner

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



Caregiver Event

First Ward Action Council:

Home Repair

Date: Monday, May 16th

Time: 1:00-2:30 PM

Location: Broome County Public Library

Presenter: Jo Alapeck, Home Repair Coordinator with First Ward Action Council

Attend this presentation to learn about the various home repair programs First Ward Action Council (FWAC) provides. The presenter will give an overview of what each program offers along with income and eligibility guidelines, including which municipalities in Broome County qualify for FWAC programs.

Home modifications and repairs can help seniors live more comfortably in their homes. Making an older adult's home safer and more accessible reduces fall risk, prevents accidents, and increases independence.

Pre-registration is requested:

Please call Caregiver Services at (607) 778-2411

The Stay Healthy Caregiver Chat:

Date: Monday, May 2nd

Time: 1:00-2:30 PM

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

The Wayne Street Caregiver Chat:

Participants can use Zoom or call in.

Date: Wednesday, May 18th

Time: 9:30-11:00AM

Zoom address:

<https://broome.zoom.us/j/97041617223?pwd=aHU1ZlhFL1VQSDhybjlDSGsxenRkZz09ID:2152617450>

Password: 037464

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

Scam of the Month

Sweepstakes Scams

“Congratulations, you have won!” This sounds like music to our ears. Scammers know that people celebrate when they have won something. Celebration and excitement are what scammers rely on to distract us. The sweepstakes scam is intended to gather your personal/banking information or to get you to send money to a scammer. It is illegal for a sweepstakes organizers to require you to make a purchase or donation, or to tell you that doing so will increase your chance of winning.

Other “red flags” regarding sweepstakes scams include:

- You received a notice claiming to be from the government. Remember, the government does not notify winners.
- You won without entering. If you didn't buy a ticket, you probably didn't win it. It is also illegal for lotteries outside of the country to sell across international borders.
- You are asked for bank or credit card information. This can be an indication of a scam, especially if it is a requirement of winning a sweepstake prize.
- You are being asked to pay for taxes upfront. The IRS will handle taxing any legitimate sweepstake winnings.

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.

Enjoy May Celebrations at your Local Senior Centers

Mother's Day Celebration - Friday, May 6th
Celebrate all mothers and special mentors. What a wonderful opportunity to honor those who strive to make a difference in our community and our lives, whether it's our mothers, sisters or friends.

Barbecue Chicken Luncheon - Wednesday, May 25th
Warm weather has arrived, and all our summertime favorites are on the way! Enjoy the flavors of the season with a tasty meal, including rotisserie baked chicken and strawberry shortcake for dessert.

Lunch is served around noon. See the back pages of this issue for participating senior centers. Call the center of your choice to make your meal reservations by 12 noon the day prior.

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TRIPS TRIPS

Trips subject to change.

Eastern Broome Senior Center
Contact: Arlene, (607) 759-6306

July 14, 2022
Amer. Bandstand Tribute,
Silver Birches

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

June 3-5, 2022
Foxwoods & Mohegan Sun Casinos

Vestal Seniors Club
Contact: Amy (607) 217-7708

June 14-16, 2022
Lucille Ball Museum,
Jamestown NY

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

June 14, 2022
Mystery Destination Trip!

July 14-15, 2022
PA Amish Country

Johnson City Senior Center
Contact: Kim (607) 797-3145

June 30, 2022
Lake George Lunch Cruise

July 6, 2022
Old Forge ADK Railroad

FW Travelers
Contact: Liz W. (607) 222-8440

May 23, 2022
Turning Stone Casino

July 18, 2022
Glenora Winery & Corning Glass

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HEALTH AND WELLNESS

ACTIVITY SCHEDULE

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. No fee.

Thursday 1:00 pm 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)

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)

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)

Virtual Zoom Classes

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

ZOOM Chair Exercises

Mon., Wed. & Thurs 10-10:30 am

ZOOM Chair Drum Exercises

Tuesday 10-10:30 am

ZOOM Chair Yoga

Friday 10-10:30 am

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



LOOKING FOR A NEW FUN ACTIVITY?

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Games begin this spring. We will play twice each week over ZOOM video. You can join conveniently from home using the Internet.

Bingo + Exercise = Bingocize

Pre-registration is required. To sign up please contact the Office for Aging at (607) 778-2411.

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Tai Chi for Arthritis & Falls Prevention

Starts Wednesday, May 25th, 1:30 – 2:30 pm

will be held each Wednesday and Friday at 1:30 pm at Northern Broome Senior Center, 12 Strongs Pl, Whitney Point

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

- In order to experience the benefits of this evidence-based program, you are asked to attend for 1 hour, twice per week for a total of 8 weeks.
- Twelve gentle Sun-style Tai Chi movements will be taught over the course of 8 weeks.
- Your class leader Orvetta has been certified through Dr. Paul Lam's Tai Chi for Health Institute: <https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>

Pre-registration is required. To sign up, please contact the Office for Aging at (607) 778-2411.

Welcome May with the Nature Walking Club

The Nature Walking Club invites you to join them this May and enjoy the sunshine. Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

- **May 12th, 10 am: Floral Park Cemetery, Johnson City**
Meet at cemetery entrance on Floral Avenue.
- **May 26th, 10 am: Waterman's Marsh, Apalachin**
Meet in parking lot on Route 434, just a half mile west of Hilton Rd. in Apalachin.

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

Mark Your Calendar! Upcoming Community Events

Percussion in the Park

Recreation Park
Beethoven St. & Seminary Ave., Binghamton
Saturday, May 7th from 10:30am-12:30pm

Did you know that the OurSpace playground at Rec Park is a musical instrument that you can play? Join musicians of the Binghamton Philharmonic and student composers from Binghamton University for a performance of music written for the park, followed by an interactive session where you can learn to play the park. Free and open to the public. Organized by the Binghamton Philharmonic Orchestra. Phone: 607-723-3931.

<https://binghamtonphilharmonic.org/events>

Prize Party BINGO by Samaritan Counseling Center of the Southern Tier Our Lady of Good Counsel Church

701 W. Main St., Endicott
Saturday, May 14th - Doors open at 9:30 am. Games start at 10 am.

Admission is \$20/person and includes 15 games, dauber, door prize ticket, and breakfast refreshments. Bonanza Bingo game prizes are each worth over \$250. Get tickets online at www.prizepartybingo.org. For additional information, call 607-754-2660.

Green Thumb Workshop: Grow Bags and Containers 101

VINES Binghamton Urban Farm
16 Tudor Street, Binghamton
Saturday, May 21st, from 1:00pm-3:00pm

Do you want to develop your green thumb but don't have a garden? Join this fun, interactive workshop focused on growing plants in containers and grow bags. The workshop will cover container gardening basics including choosing the right container, plant selection, non-chemical solutions to common pests and diseases, and more. The workshop is free and open to the public, but space is limited. VINES also offers many other Green Thumb Workshops and past workshops can be viewed online. Register at the website below or call 607-205-8108 with questions.

<https://vinesgardens.org/programs/green-thumb-educational-series/>

Binghamton University Music Department Concerts

Binghamton University
Casadesus Recital Hall, Fine Arts Building
4400 Vestal Parkway East, Binghamton
Multiple Dates Each Month

May concerts include soprano, tenor, piano, and harpsichord recitals, a flute ensemble, and the studio jazz band. Reservations are not required, and performances are free. The schedule is listed on the website below. Music Department Office: 607-777-2592.

<https://www.binghamton.edu/music/events.html>

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



Got Shoes?

Downsize & Declutter Discussion

Tuesday, May 10, 3 pm

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

Often times, we wonder what to do with unwanted shoes. If you have gently worn, new or used shoes, boots, slippers, etc., forget the landfill! Your unwanted footwear can help take veterans to Washington, D.C. through the Twin Tiers Honor Flight. Want to learn more? Find out what happens with all those discarded shoes and where to drop them off by joining us on Tuesday, May 10 at 3 pm.

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

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

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Go "Green"

Welcome spring by adding more green veggies to your plate. Fresh or frozen, vegetables can be the star of any snack, side dish, or main entrée. In this edition of the Senior News, we've included a few ideas to inspire you to go "green" this season, packing more vitamins and nutrients into every bite.

Pea Guacamole

While avocados tend to get all the guacamole glory, sometimes they're not available, not ripe, or just too expensive! Check out this tasty, bright, and satisfying recipe that put the humble green pea in the leading role.



Ingredients

- 2 cups frozen peas, thawed
- 2 tablespoons lime juice
- 1/2 cup grape tomatoes, halved
- 1/4 cup red onion, chopped
- 1 can green chilies, drained, diced (4 oz)
- 3 tablespoons cilantro (chopped)
- 1 clove fresh garlic, minced
- 1/4 teaspoon black pepper
- salt (to taste, optional)

Directions

1. Mash peas until smooth.
2. Add the lime juice, tomato, onion, green chilies, cilantro, garlic, salt (if using), and black pepper. Mix well.
3. Serve with an assortment of raw vegetables and whole-grain tortilla chips. Serves 12.

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

Chickpeas & Spinach Sauté

Sautéed veggies simmered with diced tomatoes and chickpeas make up this colorful dish. Hunt out that spare can of tomatoes from your pantry, and think about how far it can go with a dish like this.



Ingredients

- 1 tablespoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 1 clove garlic (peeled and minced)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 16 ounce low-sodium chickpeas (drained and rinsed with cold water)
- 1/4 cup water
- 1 package 10 ounce frozen spinach (kale can be used instead of spinach)
- 1 teaspoon fresh lemon juice (or red vinegar)
- 1/4 teaspoon crushed red pepper flakes

Directions

1. Put a skillet on the stove on medium high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans (white beans instead of chickpeas) and water and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice. Serves 4.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saute>

Spinach Frittata

Scallions, spinach, and feta cheese are added to this classic oven-baked egg dish. Try substituting cheddar, swiss, or ricotta cheese for variety.



Ingredients

- 8 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups spinach, finely chopped (if frozen spinach is used, thaw and squeeze out excess liquid)
- 4 scallions (white and green parts chopped into 1/4 inch-pieces)
- 1/4 cup crumbled feta cheese
- 2 teaspoons vegetable oil

Directions

1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl and, stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
5. Pour the egg mixture into the skillet and carefully transfer to the oven. Bake until the eggs are set and the top is golden, about 30 minutes.
6. Serve right away or cover and refrigerate overnight. Serves 6.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/french-spinach-frittata>

Did You Know?

- As part of an overall healthy diet, eating foods such as vegetables that are lower in calories per cup (instead of some other higher-calorie foods) may help lower your daily calorie intake. This is good to remember if you are trying to watch your weight.
- Adding vegetables to your recipes can help increase intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Adapted from: <https://www.myplate.gov/eat-healthy/vegetables>



Amanda VanFossen,
NYS Licensed
Hearing
Aid Dispenser



Amanda Levy, Au.D.
Doctor of
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(888) 318-2789



Office for Aging Staff Spotlight

Meet Danielle, NY Connects & Caregiver Services Caseworker

At the Office for Aging, caseworkers in our NYConnects Unit take your calls and connect you with services that help you age well in your community. While you may have spent some valuable time chatting with our staff by phone, you may not have met them in person...until now!



This month, we are introducing Danielle, a member of the NY Connects caseworker team. In addition to her NY Connects duties, Danielle specializes in our Caregiver Services Program. She provides support and information to caregivers caring for their loved ones. Additionally, Danielle is also a dog lover. She shares, "When I am not working, I like to spend time with my Basset hound. Cuddling with him is the best way to end the day!"



Fun Fact:

Basset hounds are French in origin. In the French language, "bas" means low.

The short legs on a Basset hound keeps this breed of dog close to the ground so that they can readily pick up scents when hunting.

Need to speak with one of our caseworkers?

We have a team of 6 dedicated caseworkers like Danielle ready to assist you. Call us at (607) 778-2411 and we will connect you today.

If you are currently caring for a loved one and would like to read more about the Caregiver Services Program online:

- Go to <https://www.gobroomecounty.com/senior>
- Click **Publications & Guides** to the lower right of your screen
- Click **Caregiver Corner Newsletter** under the heading labeled Newsletters

The **Caregiver Corner** is a publication that we issue once every two months. The newsletter provides valuable articles on caregiving, schedules of upcoming presentations, support group meeting information, and more. If you do not have Internet access, you can also call us to request a paper copy through the mail.

The Office for Aging is Here to Help You Age Well

Senior Helpers Program

Do you need assistance with shopping, driving, personal care, housework or other chores that require you to hire some help?

You can hire a worker registered through the Office for Aging Senior Helpers Program. All workers are age 55 and older. The person needing work done contacts the Senior Helpers Program to register the job and get connected to an available worker. The Senior Helper then contacts the person needing help and discusses the details of the work.



Contact the Senior Helpers Program:
Monday – Friday from 8:30 am – 12:30 pm
Call Nicole at (607) 778-6105

Yesteryears Social Day Program

Do you have a loved one who has been socially isolated, depressed or experiencing memory loss?



The Yesteryears Program has been providing day services to Broome County residents for the past 30 years. Our energetic and compassionate staff creates an environment in which your loved one can remain independent and feel important and valued. Structured activities provide participants with the opportunity to get some exercise, sing and laugh.

Yesteryears takes great pride in the fact that the seniors utilizing our service feel it has improved their quality of life. Caregivers express that they have greater peace of mind. This peace of mind

allows caregivers to use respite time to meet their own needs, thereby improving the relationship with their loved one.

We invite you and your loved one to learn more about the Yesteryears Program by scheduling a meet-and-greet session at either of our locations.

Contact the Yesteryears Program:

- To schedule a visit at Yesteryears Endwell, located at 2801 Wayne St: Call Debbie at (607) 785-0494
- To schedule a visit at Yesteryears Binghamton, located at 24 Isbell St: Call Laura at (607) 778-2947

Senior Centers

Do you often wonder what a day at a senior center would be like?



With 8 centers located across Broome County, there is a wide variety of activities, presentations, meals, and social opportunities to take part in. Start by turning to the "Look What's Happening at the Centers!" pages of this paper for a complete listing of each center in our area and a summary of their upcoming activities. Find the center nearest you.

Dine with us for lunch and friendly conversation on weekdays around 12 noon at most centers. Lunch reservations should be made one day in advance by calling the center you wish to attend. Each day features a hot meal providing 1/3 of the Recommended Dietary Allowance (RDA), so you can treat yourself to a nutritious, balanced plate without the hassle of cooking at home. Entrees such as homemade meatloaf, halupki, pub burgers, and broiled fish are paired with delicious sides and desserts each day. If you are watching sugar intake, request an NCS (no concentrated sweets) meal at the time you make your reservation. The NCS meal will provide less added sugar in dessert. You can browse the monthly menu in advance by checking the calendar on the last page of this paper.

Step your way to wellness with our fitness activities. Weekly classes are available at most centers so that you can explore the benefits of yoga, tai chi, dancing, zumba, and more. The "Health and Wellness" page of this paper provides a summary of fitness offerings in one convenient location for your reference.

Contact the Senior Centers:

- Be our guest this May! To schedule your personal tour of a center, please see the invitation printed on Page 1 of this paper.

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

New York Skin and Vein
Dr. Eric Dohner
75 Pennsylvania Avenue
Binghamton

We Accept Medicare & Advantage Plans!

607.770.1815

Meals on Wheels Volunteer Open House



The days are getting longer and the weather is warming up, which means it's almost time for summer! If you have some free time in between cookouts and days at the lake, grab a friend and a cold drink and come volunteer for Meals on Wheels.

- Volunteers are needed Monday through Friday, from 11 am-1 pm.
- Routes are available throughout Broome County, so you can volunteer on a day and at a location that is most convenient to you.
- Both drivers and visitors are needed, and mileage reimbursement is available to volunteer drivers.

If you are interested in volunteering, stop by the Meals on Wheels Open House from 10 am-12 pm the week of May 23rd – 27th. Meet current volunteers and find out more about this fun and rewarding experience.

Meals on Wheels is located in the red brick carriage house at 85 Walnut St. in Binghamton. For more information, please call 607-778-6206.

Sudoku Answers

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

HAIR @ HOME

Attention Men and Women!

A licensed hairdresser will come to you and do your hair in the convenience of your own home!

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- Shampoo/Set
- Perms:
- Highlights
- Color
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Call Barb Wittig for appointment:
(607)862-3450
No charge for travel!



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(607) 772-8080

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Wise Words on Volunteering & Giving Back

- “Life’s most persistent and urgent question is: What are you doing for others?” — Martin Luther King, Jr.
- “The meaning of life is to find your gift. The purpose of life is to give it away.” — William Shakespeare
- “How wonderful it is that nobody needs to wait a single moment before starting to improve the world.” – Anne Frank
- “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” – Sherry Anderson

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.

- | | | |
|-----------------|----------------------|------------------|
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| Locks Installed | Porch & Stair Repair | Wheelchair Ramps |
| ...And More | | |

Call (607) 772-2850 For Details

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Laugh Break

What is a flower's favorite kind of pickle?

A daffo-dill.

Woodburn Court 1 Apartments

Senior Housing

21-23 Exchange St.

Binghamton, NY 13901

Call: (607) 723-7875

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



PAID ADVERTISEMENT

Age the Foster Grandparent Way

What does “Age my Way” mean to you? For many older adults, it means fulfilling a need to make difference in their community. By offering a positive view of aging, Foster Grandparents are effective role models and mentors for children in Broome County classrooms. Foster Grandparents develop nurturing relationships with children, filling their hearts with encouragement while helping them to thrive socially and academically.

Foster Grandparents receive as many benefits as the children with whom they work. By joining the program, the Foster Grandparent becomes a healthier, happier person who is motivated, who has a sense of pride which comes from being wanted and useful and who stays mentally and physically active. Foster Grandparents also become more socially engaged, making new friends through the program.

Foster Grandparents also make a positive difference to teachers and staff by offering a wealth of experience, helping hands and caring hearts.

Foster Grandparents earn \$3.00 per hour which does not affect rent, HEAP or eligibility for other income-based benefits. Training is provided to help Foster Grandparents to better understand children's needs and to know how



to be a positive influence on their lives.

Foster Grandparents must be age 55 or older and must meet income eligibility requirements. To apply, call the Foster Grandparent Program at 607-778-2089.

Memorial Day: Monday, May 30th

Memorial Day, which is observed on the last Monday of May, commemorates all those who died while in the military service. In observance of the holiday, many people visit cemeteries and memorials, and volunteers often place American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time. On Memorial Day, the flag should be flown at half-staff from sunrise until noon only, then raised briskly to the top of the staff until sunset, in honor of the nation's battle heroes.

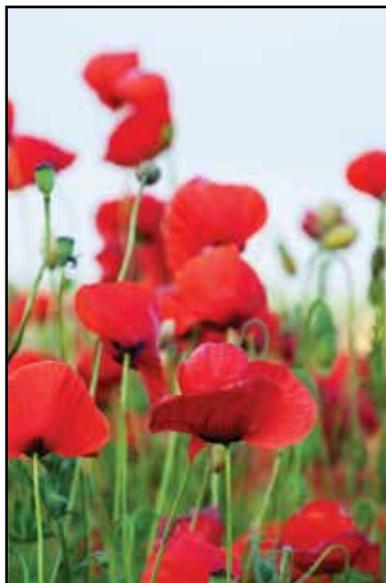
Poppies – The Flower of Remembrance

Displayed here is the poem written by World War I Colonel John McCrae, a surgeon with Canada's First Brigade Artillery. It expressed McCrae's grief over the "row on row" of graves of soldiers who had died on Flanders' battlefields, located in a region of western Belgium and northern France. The poem presented a striking image of the bright red flowers blooming among the rows of white crosses and became a rallying cry to all who fought in the First World War...In 1920 with the help of The American Legion, the poppy was well known in the allied countries — America, Britain, France, Canada, Australia and New Zealand — as the "Flower of Remembrance."

Reprinted from: <https://www.va.gov/opa/speceven/memday/>
<https://www.va.gov/opa/publications/celebrate/flower.pdf>

In Flanders Fields By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly.
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow
Loved, and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Obtaining Replacement Military Medals in Remembrance of Loved Ones

The National Personnel Records Center (NPRC) in Saint Louis, Missouri, fills requests for replacement military medals for deceased loved ones, such as parents. Next of kin should visit the NPRC website at <https://www.archives.gov/veterans/military-service-records> or call (866) 272-6272 to learn more and complete an online request.

The Playing of Taps

The 24-note melancholy bugle call known as “taps” is thought to be a revision of a French bugle signal, called “tattoo,” that notified soldiers to return to their garrisons at the end of the evening. It was sounded an hour before the final bugle call to end the day by extinguishing fires and lights. The last five measures of the tattoo resemble taps. By 1891, army infantry regulations required taps to be played at military funeral ceremonies. Taps are now played by the military at burial and memorial services, to accompany the lowering of the flag and to signal the “lights out” command at day's end.

Reprinted from: www.gobroomecounty.com/veterans

A Word from Local Veterans' Services Leader, Brian Vojtisek

We sat down with Brian Vojtisek, a United States veteran and the Director of the Broome County Veterans Service Agency. Brian shared, “Memorial Day, formerly Decoration Day, has its earliest beginning following the American Civil War when the graves of the fallen were decorated with flowers. It is a day set aside to honor and pay tribute to those US service men and women who have died in the service of our Country. Each year on this day, we not only visit memorials, hold remembrance events, or participate in parades. In every city, village, and hamlet, we place a simple United States Flag on the graves of all those who served to identify: Here lies an American Veteran.”

Thank you to all those who have served, or who are now serving, in the United States military. Please take a moment on May 30th to pay tribute to your loved ones who have answered the call to protect our nation.

Make the Most of Your Electronic Devices to Connect with Others

This spring, remember that virtual programs are available to help you pursue a wide variety of interests from the comfort of 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/>

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. Face masks are currently optional at the centers.

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.



BROOME WEST (607) 785-1777
 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 Group, 10 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(TBA); 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
 5/3 Dental Hygiene Presentation w/SUNY Broome, 1:30 pm
 5/5 Legal Aide (call for appt.), 9 am – 12 pm
 5/9 Brunch (call to reserve), 10:30am-12 pm
 Blood Pressure Checks, 10:30 am
 5/11 Coop. Extension Nutrition Ed. & Cooking Class, 10:30 am
 5/17 Site Council Meeting, 9:30 am
 Emergency Squad Senior Safety Program, 11 am
 5/19 Nutr. Ed. Class w/OFA: Making Fiber More Fun, 11 am
 5/22 Sunday Baked Books Drop Off, 9-11 am
 5/23 Bake Sale, 9 am – 3 pm
 Pizza Day w/Music by Marian Tewksbury (call to reserve), 11 am
 5/24 Balance Clinic w/Binghamton Univ. Dept of Phys. Therapy, 10 am-2 pm
 5/25 Sound Bowl Music Presentation (call for info.), 11 am
 BBQ Chicken Luncheon (call to reserve), 12 pm
 5/27 Broome West BBQ Day (call to reserve), 12 pm
 5/31 Bright & Beautiful Therapy Dogs Visit, 12:30 pm



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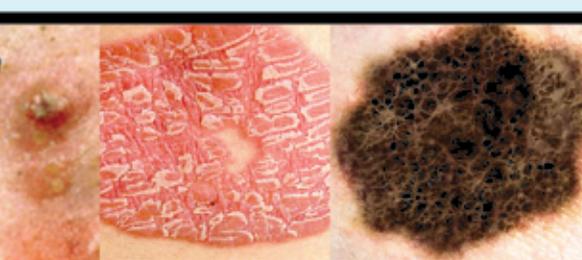
EASTERN BROOME (607) 693-2069
 27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00 am - 2:30 pm
Lunch served at Noon
Breakfast Made-To-Order: Tues, 8 - 9:30 am

Weekly Activities
Monday: Simple Yoga 9:30 am; DMV Mobile (By Appt.); Shuffleboard (call ahead), 9 am;
Tuesday: Breakfast, 8-9:30 am; Music Jam, 10 am
Wednesday: Crafters' Group, 9-11 am; Wood Burning, 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: Shuffleboard ahead to sign up), 9 am; Gentle Tai Chi, 9:30 am

Special Activities
 5/3 Balance Clinic w/Binghamton Univ. Dept of Phys. Therapy, 10 am-2 pm
 5/3,10,17 Strong Women, Strong Bones, 9:30-10:30 am
 5/6 Burger Bar (walk-ins welcome), 11:30 am – 12:30 pm
 Mother's Day Celebration w/Pianist Russ Lockwood (call to reserve), 11:30 am
 5/11 Finance Officers Meeting, 10:30-11:30 am
 Site Council Meeting, 12:30 pm
 5/12 Project Hope Covid Support & Counseling, 12:15 pm
 5/18 "Page Turners" Book Club, 10 am
 5/19 Golden Griddle Day (walk-ins welcome), 11:45 am – 12:45 pm
 5/20 Bluegrass & Country Music w/The Trotter Brothers, 12:30 pm
 5/23 Horse Racing w/Bonnie Hill, 10:30 am
 5/25 Legal Aid (call to reserve), 9 am – 12 pm
 BBQ Chicken Luncheon (call to reserve), 12 pm
 5/26 Coop. Extension Nutrition Ed. & Cooking Class, 12:25 pm
 5/27 Rainbow Table Raffle, All Colors, 1 pm

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Nail and Hair Problems	Skin Cancer
Psoriasis and Rosacea	Moles & Warts

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Binghamton
607.770.1817

We Promise to See You the Week You Call!

JOHNSON CITY..... (607) 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(no fee); Bonesavers, 1 pm – 2 pm

Tuesday: TOPS, 9 -11 am; Zumba Gold, 12:30 -1:30 pm (\$3); Chair Exercises: Stretch DVD, 12:30 – 1:15 pm (no fee); 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; 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; Relaxation & Meditation, 11 am (call to reserve); Tai Chi, 1-2 pm (\$3)

Friday: Watercolor Painting, 9-11:30 am (\$3); Gentle Yoga, 10-11 am (\$3); Chair Exercises: Stretch DVD, 12:30-1:15 pm (no fee)

Special Activities

- 5/2 Stay Healthy Caregiver Support Group, 1-2:30 pm
- 5/4 Blood Pressure, Diabetes & Oxygen Presentation w/The Medicine Shoppe, 10 am – 12 pm
- 5/6 Mother’s Day Celebration (call to reserve), 11:45 am
- 5/9 JC Alumni Association – 50 Year Club, 1 pm
- 5/18 First Ward Senior Chorus Spring Show, 1 pm
- 5/19 Legal Aid (call for appt.), 9 am-12 pm
- 5/25 Lourdes Mobile Mammography Van, 9 am-3 pm
Haircuts (call for appt.), 10-11:30 am
BBQ Chicken Luncheon (call to reserve), 11:45 am
Coop. Extension Nutrition and Cooking Class, 12:30 – 1 pm
- 5/31 Balance Clinic w/Binghamton Univ. Dept of Phys. Therapy, 10 am-2 pm
- 6/1 Book Club: Sea Stories by Admiral William H. McRaven, 3-4 pm

VESTAL..... (607) 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, 11:15 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

- 5/2 King High Card Game, 12 pm
- 5/4 Vestal Police Chief Kitner Visits, 10:30 am
Dental Hygiene Presentation w/SUNY Broome, 1 pm
- 5/6 Mother’s Day Celebration w/Ice Cream Refreshments (call to reserve), 12 pm
- 5/11 Trip Sign Up Day: Proctor Theater, 9-11 am
- 5/17 Craft Day (call for info.), 10 am
- 5/19 LCR Dice Game, 12 pm
- 5/24 Vestal Senior Club Meeting, 12:15 pm
- 5/25 Coop. Extension Nutrition Ed. & Cooking Class, 10:30 am
BBQ Chicken Luncheon w/Music by Movin’ On (call to reserve), 11:15 am
- 5/27 Pizza or Chef Salads (call to reserve), 11:30 am
Bunko, 12 pm

DEPOSIT..... (607) 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/Strength for Seniors, 10:30 am – 11 am; Bingo, 1 – 2 pm
Thursday: Wii Bowling, 10:30 am – 12 pm

Special Activities

- 5/3 Derby Race Day Featuring Fancy Hats, 11 am
- 5/5 Craft Class: Book Art, 10:30 am-12 pm
Cinco de Mayo Taco Day (please call for info.)
- 5/10 Mother’s Day Evening Dining (please reserve), 3-4:30 pm

NORTH SHORE..... (607) 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

- 5/4 Decorate the Center for Memorial Day, 10:30 am
- 5/9 Mother’s Day Tea & Refreshments, 10:30 am
- 5/11 Light Refreshments & Conversation, 10:30 am
- 5/16 Wear Purple for Peace Day
- 5/17 Food Bank Day (call for info.)
- 5/19 Courtyard Garden Preparation, 10:30 am
- 5/25 Earring Crafts, 10:30 am
BBQ Chicken Luncheon (call to reserve), 12 pm
- 5/27 Light Refreshments & Conversation, 10:30 am

FIRST WARD (607) 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: JFF Pool League, 9am; 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, 9:30 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

- 5/5 Executive Board Meeting, 9:30 am
- 5/6 Mother’s Day Celebration (call to reserve), 11:45 am
- 5/9 Legal Aid (call for appt.), 9 am
- 5/17 Coop. Extension Nutrition Ed. & Cooking Class, 12 pm
- 5/25 Spring Chorus Concert, 1:30 pm
BBQ Chicken Luncheon (call to reserve), 11:45 am

NORTHERN BROOME..... (607) 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

Soup and Sandwich Bar: Mon-Fri, 11:30 am – 12:30 pm
Breakfast for Lunch: Thursday, 10:30 am

Weekly Activities

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

Special Activities

- 5/2 Wii Bowling Tournament Begins
- 5/3,17 Golden Agers, 12 pm
- 5/6 Mother’s Day Celebration (call to reserve), 12 pm
- 5/10 Balance Clinic w/Binghamton Univ. Dept of Phys. Therapy, 10 am-2 pm
- 5/20 Spring Fling w/Music by Mike’s Juke Box, 12 pm
- 5/25 BBQ Chicken Luncheon (call to reserve), 12 pm

May 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.

Broccoli & Cheese Omelet O'Brien Potatoes LF Cottage Cheese Pineapple	2	Meatball Sub Garden Salad Double Chocolate Cookie	3	Roast Turkey Apple Bread Dressing French Cut Green Beans Pumpkin Cake	4	Swiss Steak OR Broiled Fish Mashed Potatoes Carrots Pears	5	<i>Mother's Day Celebration!</i> Herb Rubbed Pollack OR Chicken Florentine Roasted Potatoes Peas Lemon Meringue Pie	6
Chicken Parmesan Sandwich Minestrone Soup Applesauce	9	Roasted Chicken Breast OR Halupki Mashed Potatoes Spinach Fruit Cup	10	Baked Ham OR Pub Style Fish Baby Red Potatoes Cut Green Beans Cinnamon Apple Slice	11	Grandma's Meatloaf Macaroni & Cheese Stewed Tomatoes Oatmeal Raisin Cookie	12	Swedish Meatballs OR Citrus Rubbed Pollack Buttered Noodles California Blend Vegetables Pears	13
Pierogies w/Kielbasa California Blend Vegetables Chocolate Chip Cookie	16	Cheesy Lasagna Bake Italian Blend Vegetables Garden Salad Applesauce	17	Chicken Salad Croissant Harvest Vegetable Soup Pineapple Upside Down Cake	18	Beef Stroganoff Over Noodles Cauliflower w/Parsley Blueberry Muffin	19	Chili Orange BBQ Chicken OR Tuna Salad Baked Beans Garden Salad Peaches	20
Baked Ziti Parmesan Sausage Florentine Soup Grape Juice Banana	23	Liver w/Onions Roasted Chicken Mashed Potatoes French Cut Green Beans Tapioca Pudding w/Mandarin Oranges	24	BBQ Chicken Luncheon Rotisserie Chicken Roasted Red Potatoes Garden Salad Strawberry Shortcake	25	Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler	26	Pepper Steak OR Breaded Fish Baked Potato Cottage Cheese Pineapple	27
Centers Closed in Observance of Memorial Day	30	Macaroni & Cheese Stewed Tomatoes Cut Green Beans Carnival Cookie	31	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.					

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