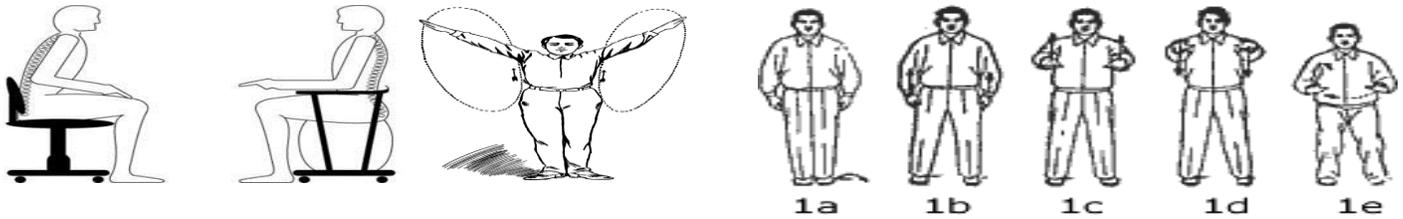


## Tai Chi for Breathing



**Tai Chi can improve health, muscle strength, flexibility, balance, & posture. It can increase relaxation & is practiced all over the world. Try this Tai Chi movement at home:**

- Stand or sit with shoulders relaxed and hands at your side.
- Inhale deeply as you slowly raise your arms until your hands are about shoulder high.
- Exhale slowly as you lower your arms and bring your hands down to your side.
- Repeat 3-4 times.

### Don't Feel Like Driving?

Maintain your independence with any of these transportation services for individuals 60 and older:

- **BC Transit Buses:** Run 7 days/week; different schedules on weekends. Fare is \$1.00 with OFA ID.
- **OFA Mini-Bus:** Curb-to-curb service, Mon.-Fri., 9am-4pm. OFA ID required; voluntary contribution of \$1.50 for each one way ride. To make a reservation call 763-8747 at least one business day in advance.
- **BC Country:** Serves rural regions of the county. Days/hours depend on your region. Voluntary contribution of \$1.50 per one way ride with OFA ID. If you are new to BC Country call 763-4464 to register. Once registered call 763-8747 at least 2 business days in advance to reserve your ride.
- **BC Lift:** A special BC Lift Card is required to ride (available by calling 763-4464.) Runs Mon.-Fri. 5:30 am-10 pm; Sat. 5:30 am-6:30 pm; Sundays 9 am-5:30 pm. Fare is \$2.50 for each one way ride. Must make a reservation at least one business day in advance by calling 763-8747.
- **RSVP:** Door to door transportation on a lift-equipped bus for seniors to Yesteryears Adult Day Program, Senior Centers, Binghamton YMCA, & volunteer jobs. Buses operate in & around Binghamton. Service provided on a scheduled, on-going basis. Contribution suggested. Call 729-9166 for information & application.
- **Senior Helpers:** Hire a Senior Helper to drive you to appointments, shopping, etc. Wages are negotiated between the worker & employer. Call 778-6105 for more information or to hire a driver.

**Call the Office for Aging at 778-2411 to receive an OFA ID Card application.**