



Visit Our Website at www.gobroomecounty.com/senior

SENIOR & PICNIC FUN FEST

SUNY Broome
907 Upper Front St



Wed, June 22nd
10am - 2pm

Here is a Guide to Start Planning Your Day!!

- 10 AM** • **Coffee & Donut Sales** - Ice Center lobby
- 10am - Noon** • **Music by Rich Wilson** - Under the tent
- **Cooking Demonstrations** - Ice Center
Featuring pancakes w/maple and strawberry toppings
Demo Times: 10:00, 10:45 and 11:30 am
- 11am - Noon** • **Presentation: Laugh Workshop** - Exercise room by Red Gym
- Noon** • **Lunch is just \$4.00 per person** - Blue & Red Gyms
Reservations must be made by noon Tuesday, June 21
Advance meal tickets are needed for lunch and can be conveniently picked up at any local senior center.
Menu: Rotisserie chicken, red potato salad, baked beans & strawberry shortcake
- 10am - 2pm** • **Bingo** - Blue Gym
- **3-D Printer Demo** by *Triple Cities Makerspace*
- **TechWorks!** by *Susan Sherwood* - near Blue Gym
Topic: Downsize gently with history in mind
- **Lawn Games** - outside
- **Indoor Information Fair** - Ice Center
Enjoy valuable information on services and products, raffles and much more in air-conditioned comfort!!
- **Official Senior Picnic T-Shirt Sales** - Ice Center Lobby
- 12:30 - 2:00pm** • **Music by Greg Neff** - Under the tent
- **Historic Slide Presentation** with *Janet Ottman*
Topic: George F. Johnson and the E-J Experience
Continuous from 12:30 pm
- **Cooking Demonstration** - Ice Center
Featuring: Cinnamon Chips w/Fruit Salsa
Demo Times: 12:40, 1:00 and 1:20 pm

Parking: plenty of parking on campus and shuttle service.
Limited bus transportation will be provided from designated senior centers.
For further information, call 778-2411.

A special "Thank You" to this year's MAJOR SPONSORS:



Also, a special "Thank You" to this year's CONTRIBUTORS:
Body Works Physical Aqua Therapy, CDPHP, Humana, MVP Health Care, The Hearth at Castle Gardens, UnitedHealthcare Medicare Solutions, United Methodist Homes, VNA Homecare Options, WellCare Health Plans

Congratulations on Completing CADER!



*Back row: Courtney, David, Kathy, and Jamie.
Front row: Patti, Sonia, Laura and Mark.
(Not available for photo: Judy and Joan.)*

Our Office for Aging Case Managers are working hard on continuing their professional development. Ten staff members completed a 19-hour online certification program offered by Boston University's Center for Aging and Disability Education and Research (CADER). As the fields of aging, health, and long-term services are rapidly evolving towards community-based services, this competency-based training helped our staff to bring their practice skills up-to-date. Kudos to all!

Centers Closing for Picnic

All Broome County Senior Centers will be closed on Wednesday, June 22. We'll be at the Senior Picnic. Hope to see you there.

Broome Bands Together

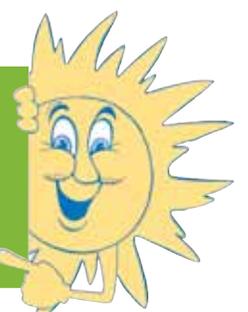
Free Summer Concert Series at Otsiningo Park

All concerts start at 6:30 PM; admission is free! Bring lawn chairs or a blanket to these family-friendly, alcohol-free and tobacco-free events.
Pack a picnic dinner, or purchase snacks or a hot dog at the concert concession stand.

- June 7:** Shambles (Celtic/Folk/Rock)
- June 14:** Rooster and the Roadhouse Horns
(Dance, R&B, Soul, Latin, Rock & more)
- June 21:** Persuasion, with Katie Scott (Classic Rock/Dance)
- June 28:** Brotherhood (Dance/Oldies/and much more!)
- July 5:** Los Vega (Contemporary/Classic/Italian)
- July 12:** Rich Wilson (Classic Country)
- July 19:** Outer Reef (Songs of Summer)

Summer Fun Begins with the
Senior Picnic!

See Event Map on Page 3



From the Editor

by Vince Fox

After a challenging spring, I can't wait to participate in some of the fun summer events listed in this edition. My personal favorites are the Senior Picnic (June 22) and the Seniors Running and Walking Festival (training starts June 13). I'm also looking forward to the summer concerts in our parks.

What made spring challenging for me? Well, as I mentioned last month, I went back to school as part of my career change. I took two graduate classes at Binghamton University. That's right – a 57-year-old sitting in class among a group of 20-something-year-olds! The first reminder of my age was the first day of school when I went to get my campus parking pass. The kind security administrator was handing me a professor's pass and I proudly told her that I was actually a student!

Once I got in the classroom, my age did not seem to be a factor at all. I was nervous about not fitting in and standing out with my gray hair but all of my fellow students and professors were very welcoming and friendly. It was challenging, but fun, to get into deep and engaging discussions with them on the course topics. I've made new friends – students who come from all over the world – and the experience makes me feel young again!

I have to say that it's not all fun – going to classes and keeping up with the homework is not easy. Since my previous college studies were so long ago, I've had to relearn how to learn. That is, I've needed to work hard at comprehending text books and writing papers. It's been a challenge but it also feels good to be learning new things.

Are you are thinking about going back to college? Last month, we published how older adults can take free classes at SUNY Broome. Binghamton University also has a program where NY residents 60 years or older can audit classes for free. Anyone interested can contact Lynne in Harpur Advising at 607-777-6305 for more information.

Build Your Own Burger

June 8, 9, 10

Starting around 11:15 am

Stop by a participating senior center and enjoy a delicious hamburger with all the fixings. No reservations are needed! Use your imagination and top your burger with fresh lettuce, tomatoes, onions and various cheeses, or choose hot toppings like bacon and mushrooms. The combinations are endless.

Your burger creation will also come with salad, dessert and beverage.

You can get all of that for just \$3.25 for anyone 60 years and older, and just \$4.25 for those under age 60. Participating centers are Broome West (June 8, 9 & 10), Johnson City (June 8 & 9), Eastern Broome (June 8 & 10), Northern Broome (June 10) and Vestal (June 8 & 10).

“Courage is being scared to death...and saddling up anyway.”

John Wayne

Celebration of Fathers

Friday, June 17th

Celebrate the fathers in your life on Friday, June 17 at participating Broome County Senior Centers. Enjoy a delicious luncheon of homemade meatloaf OR fish Florentine with bread pudding for dessert.

It's a wonderful opportunity to honor the men - your father, brother, son, friend or yourself - who strive to make a difference in our community and our lives! You can treat a man who has had a positive effect on your life to lunch, or gather your male friends together for some laughs and a great meal.

Call the senior center of your choice to make meal reservations (phone numbers listed on the back pages of this issue) and to ask what special activities they have planned.

Lunch is just \$3.25 for people age 60 and older; \$4.25 for people under age 60. We hope to see you on June 17th.



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Block the Buzzing, Bites, and Bumps

Preventing Mosquito-Borne Illnesses

Summer can be a bummer if outdoor fun is interrupted by the irritating buzz of mosquitoes. Their bites not only create itchy red bumps on your skin, they also carry the risk of disease. Most mosquito bites are relatively harmless. The itchy bumps often last for just a day or two after a mosquito has punctured your skin. But if the mosquito is carrying certain germs, like viruses or parasites, these pathogens might enter your blood during the bite and make you sick. We can all take simple steps to avoid getting bit by those blood-sucking insects.

Use insect repellents: Products containing DEET, picaridin, lemon eucalyptus, para-menthane-diol (PMD), or IR3535 can be applied to skin. Follow label instructions.

Cover up: When outside, wear long sleeves, pants, and socks. Mosquitoes may bite through thin fabric, so spray thin clothes with an EPA-registered repellent like permethrin. Don't apply permethrin directly to skin.

Mosquito-proof your home: Install or repair screens on windows and doors to keep insects out. Use air conditioning if you have it.

Get rid of mosquito breeding sites: Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, and birdbaths on a regular basis.

source: <https://newsinhealth.nih.gov/issue/apr2016/feature2>

WE KNOW THE MOMENTS...

The ones that define us and give meaning to our lives. The moments that make us breathe deeply and then take our breath away... the ones when having our health makes everything possible.

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1-888-FIDELIS | fideliscare.org

(1-888-343-3547) • TTY: 1-800-421-1220



To learn more about applying for health insurance, including Child Health Plus and Medicaid through NY State of Health: The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

Meet & Greet Neighborhood Luncheon

When: Wednesday, June 15 at Noon

Where: East Side Congregational United Church of Christ
284 Robinson Street in Binghamton

Menu: Roast Beef, Mashed Potatoes, Country Mix Vegetables, Pears

Entertainment: Ted Davenport, Harpist

Suggested Contribution:

\$3.25 (60 and older); guests under age 60: \$4.25

Space is limited - please call 722-1017 to RSVP by 1 pm on June 14th.

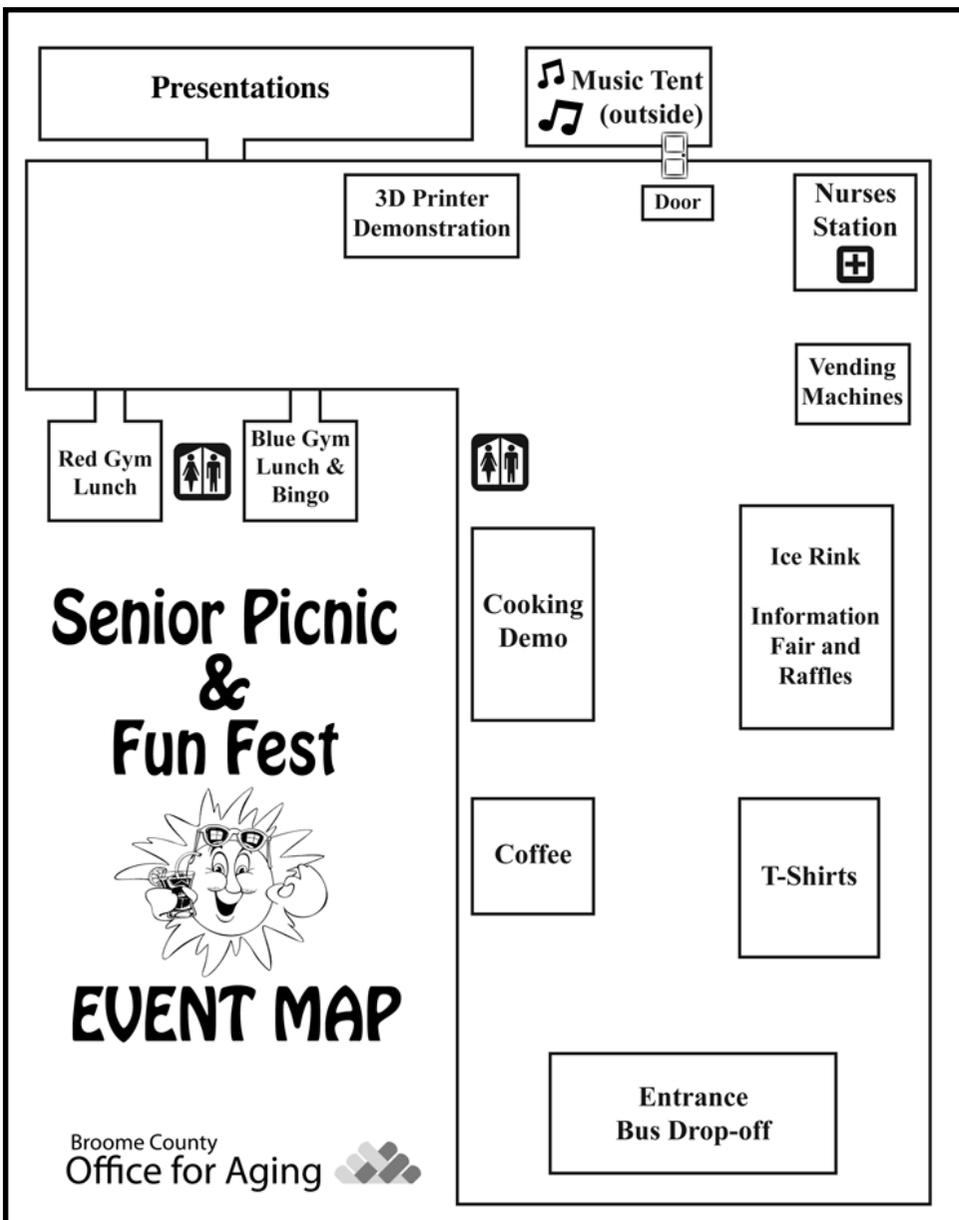
Come and get acquainted!

Sponsored by the East Side Congregational United Church of Christ and the Broome County Office for Aging

The Politics of Father's Day

Early Father's Day celebrations in the US started around 1908, and although the endeavor failed, Congress' first attempt to give the day recognition as a US holiday was in 1913. In 1916, President Woodrow Wilson went to Spokane, Washington to speak at a Father's Day celebration in support of making the day an official holiday. However, Congress resisted, fearing that Father's Day would become too commercialized. US President Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped his efforts short of issuing a national proclamation. In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday by President Richard Nixon, who signed it into law in 1972.

adapted from: wikipedia.org



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Self Defense from Scams!

Did you really win a free trip to Bermuda? The phone recording says so! But NO, you did NOT! Is the e-mail from your bank really from your bank? NO, it is NOT! The scams and attempts to get your personal information are never-ending these days and they are coming at us from all angles.

On June 16th from 1:00 pm -3:30 pm, representatives from the NYS Attorney General's Office, FBI, Vestal Police Department, and Visions Federal Credit Union are going to provide you with important information you need to protect yourself and your finances! A light lunch will be served at noon, followed by the program from 1:00-3:30pm.

You will learn...

- ◆ About the current scams that are happening and what you should do!
- ◆ Strategies to protect yourself and your assets -- things to think about -- plans to make!
- ◆ What you can do for those you care for and care about so they don't become victims!

Bring your "award" letters and your questions as you'll have time to talk to the professionals about whether your prize is legitimate – and have a chance to win some real prizes.

This event is FREE and open to the public. You do not have to be member of Visions to attend! Empower yourself- join us on Thursday, June 16th at the Visions Federal Credit Union - 3301 Country Club Road, Endwell, NY.

RSVP: 778-2153 (Broome County Family Violence Prevention Council).

This event is planned as an event to mark "World Elder Abuse Awareness Day".

HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 pm	Broome West Senior Center (Endwell)

Toning & Zumba

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday	5:30 pm	Johnson City Senior Center
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Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	10:00 am	Broome West Senior Center (Endwell)
Mon & Wed	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Senior Center (Whitney Pt)

Beginner Gentle Yoga

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

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for this class at JC; at BW there is no instructor, no fee.

Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center

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	9:30 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
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Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Senior Center (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Wednesday	10:30 - 11:30 am	Vestal Senior Center

Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30pm	Johnson City Senior Center

Stepping On: A Wellness Program to Prevent Falls.

Gain knowledge and strategies to stay independent and to have a greater awareness and understanding of how to prevent a fall. For more information on classes call Diane at 757-0750 or Donna at 765-4180.

Wednesdays: June 1 - July 13 10:00 am - Noon Union Pres. Church, 200 E. Main St., Endicott

Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Thursday	4:00 - 4:30 pm	West Middle School
Open Swim	Mondays & Thursdays	4:30 - 6:00 pm	West Middle School

Lo-Impact Aerobics

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

Thursday	10:30 am	Johnson City Senior Center
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Wednesday	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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Dancercise

Low impact using simple dance movements set to uplifting music. Movement of joints, muscles & bones. \$5 charge.

Wednesday	9:30 am	Johnson City Senior Center
Thursday	9:45 am	First Ward Senior Center

**Complete addresses and phone numbers for all Senior Centers are located on pages 14 & 15*

EVENTS at the CENTERS

30th Anniversary "Shorestock" Luncheon

Thursday, June 2, 12 pm
North Shore Towers Sr Center
607-772-6214

Wear your tie dye and enjoy our 60's theme luncheon w/Greg Neff. Have a groovy pub burger and win some totally cool prizes. Reserve by noon, Wed. June 1.

42nd Anniversary "Under the Sea" Luncheon

Friday, June 3, 12 pm
Northern Broome Sr Center
607-692-3405

We're making a 'splash' w/ refreshments (10:45) and entertainment (12:45). Join us for roast turkey/strawberry shortcake. Reserve by noon, Wed. June 1.

Food Safety 101

Wednesday, June 15, 2:30 pm
Johnson City Senior Center
607-797-3145

Learn how to prevent foodborne illness at home. This training will feature safe-handling practices and is open to the public.

Evening Dining w/ Entertainment

Thursday, June 16 & 30, 4 pm
(Dinner, 4:30 pm;
Music 5:15 pm)
Eastern Broome Senior Center
607-693-2069

Enjoy bluegrass-gospel by New Appalachia on June 16 and husband/wife duo The Cellar Yellers on June 30. Reserve by noon the day before.

Visit by the Zoomobile

Tuesday, June 28, 11-11:45 am
Deposit Senior Center
607-467-3953

Enjoy an interactive presentation: see & touch live animals from Binghamton's Ross Park Zoo!

"Christmas in July" Raffle

Friday, July 22
Broome West Senior Center
607-785-1777

Mark your calendar! Tickets for our silent raffle are available July 8 through July 22.

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



Eastern Broome Senior Center

Call Marie Miller for details,
0(607) 221-3376.

June 30

Guitar Factory: Nazareth, PA

First Ward Senior Center

Call (607) 203-1179 to suggest a location
for a trip.

July 5

Mohegan Sun/Pocono Downs

July 27

Erie Canal/Spaghetti Warehouse

August 16

Wellsboro, PA: Grand Canyon of
the East

September 9

Shawnee Playhouse, Show & Meal

November 15-17

Atlantic City, Tropicana

Johnson City Senior Center

Call (607) 797-3145 or stop by for info.

June 22

Forestburg, NY: "Anything Goes"

July 4-5

NYC: Macy's 4th of July Fireworks

August 3

Philadelphia: Duck Liberty Tour,
Grandchildren welcome

December 4- 11

America's Music Cities: Nashville,
New Orleans, Memphis

Vestal Senior Center

Call Charles DiGiacomo for details, 607-
625-2855.

September 3-10

Norwegian Gem, 7 Night Cruise:
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Food Safety 101

Wednesday, June 15, 2:30 pm
Johnson City Senior Center
30 Brocton St., Johnson City, NY

About one in six Americans gets sick from food poisoning each year. Older adults have an increased risk of serious complications from food-borne illness, including potential hospitalization or death. Our GI tracts may hold on to foods for a longer period of time; our livers and kidneys may not readily rid our bodies of toxins, or certain medications may weaken our immune systems.

The "Food Safety 101" training program is designed to educate older adults about the basics of food safety and to empower older adults to follow the steps needed to prevent food-borne illness in their homes. This one-hour training program will include safe-handling practices for immunocompromised persons, and instructional videos.

This health seminar is open to seniors and volunteers. Extensive materials will be handed out to all attendees.

Sudoku Answers

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

Seniors Running and Walking Festival

No matter how far you can walk, run or push your wheel chair, if you are 55 years of age or older, you are welcome to join the Seniors Running and Walking Festival at the Vestal Rail Trail this summer. It includes an optional training program that is fun and open to people of all abilities. Participants can meet twice a week at the Vestal Rail Trail, enjoy a nice walk or run with others, and then relax at the Coal House Café where they can enjoy great conversation, healthy smoothies and other treats. It's okay if you miss some of the training days – you can just come when it's convenient for you.



The training program starts June 13. We will meet every Monday and Friday at 6:00 pm at the Coal House Café on Stage Road. People of all abilities will come, so you will be able to find a group to walk, wheel or run with.

On August 13, join us for our festival of races with plenty of food, awards, finisher medals, T-shirts and more. Races include divisions for walking or running a distance of 1 mile or 5K (3.1 miles), or a wheelchair race of 2K (1.2 miles).

New in 2016, you can register as an individual or as part of a team. There will be special team awards so get your friends together and have fun competing for prizes like the largest team, the fastest, or most enthusiastic.

You can get all of this for only \$10! Applications are available at the senior centers or online at www.gobroomecounty.com/senior/healthed.

The Seniors Running and Walking Festival is sponsored by Excellus BCBS and Good Shepherd Communities.

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For more information call today!
1-866-422-1967, 8:00 a.m. to 8:00 p.m.
in your local time zone (TTY users call **711**)
7 days a week.

Your call may be answered by a licensed agent. Today's Options[®] PPO is a Medicare Advantage plan with a Medicare contract. Enrollment in Today's Options[®] PPO depends on contract renewal. To receive more information about Today's Options PPO or to enroll, please call 1-866-422-1967 8:00 a.m. to 8:00 p.m. in your local time zone (TTY users call 711) 7 days a week. You may enroll in the plan only during specific times of the year unless you qualify for a Special Election Period (SEP). Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

Y0067_AD_Sponsor_0615 CMS Accepted 07/24/2015 PPO



Quality Care for our Broome County Seniors! Here's proof:

Bridgewater is the only New York State facility in 2016 with Advanced Quality Assurance and Performance Improvement (QAPI) Accreditation from Providigm, a national quality improvement solutions company! This accreditation recognizes Bridgewater for comprehensively evaluating the quality of care provided to our residents, in an effort to continually improve service and care.



Bridgewater has the only Ventilator Unit in the Southern Tier. In 2016, we received Quality Respiratory Care Recognition from the American Association for Respiratory Care!

Bridgewater received a 2016 prestigious Innovative Practice Award from the New York State Health Facilities Association (NYSHFA) for our Respiratory Wellness Program!



Bridgewater provides the widest range of care and services, such as:

- ✦ Highest Physical/Occupational/Speech Therapist to Patient Ratio in the area. Available 7 days/week.
- ✦ 2 Specialized Rehabilitation units with private rooms, free telephone, free television cable, and free WiFi.
- ✦ Only Southern Tier facility staffed 24/7 with Respiratory Therapists

Call us for a tour: 722-7225 - Located at 159 Front Street, Binghamton, NY 13905

Get Your Fats Straight

Many of us have heard that we should opt for a low-fat diet but does that make all fat equal? Our nutritionists have developed a lesson entitled, "Get Your FATS Straight," which will examine the difference between unsaturated, saturated, and trans fats. We will identify healthy fats and explain the benefits of including them in your diet. All are invited to join us at one of the following presentations listed below.

- May 31, 11 am - Northern Broome Senior Center
- June 2, 1:15 pm - Eastern Broome Senior Center
- June 7, 11:30 am - Deposit Senior Center
- June 8, 11 am - North Shore Towers Senior Center
- June 9, 11:15 am - Broome West Senior Center
- June 16, 11 am - Johnson City Senior Center
- June 23, 10:30 am - Vestal Senior Center

For more information about this event, please call the Office for Aging at 778-2411.

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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| ...And More | | |

Call 772-2850 For Details

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Summer Concerts at Highland Park

The summer concert series at Highland Park in Endwell starts on June 21st. The concerts will be held on Tuesdays, 7:00 PM. All concerts are free!

- June 21: Endwell Community Chorus
- June 28: Katie Scott with Persuasion
- July 5: No concert scheduled this week.
- July 12: SouthernTiersMen
- July 19: Rick Pedro with Jeff Lake
- July 26: Unison – Alex and Freddy Mendoza
- August 2: Old Friends
- August 9: David Hores
- August 16: Maine Community Band
- August 23: Rich Wilson

If you have questions, please call the Concerts in the Park Committee at 785-3315.



Over 50? Rehab here.

Outpatient Therapy



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607.724.2477

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What is Disc Golf?

Disc golf is similar to regular golf, but instead of using golf clubs and balls, players throw a disc, like a Frisbee®, toward a "disc pole hole". The extended poles have chains attached and a basket where the disc is intended to land. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing at the disc pole hole. Generally, a course is 9 or 18 disc-pole-holes long. The player with lowest total cumulative score wins.

Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and like to have fun, you can play disc golf.

Did you know our local Senior Games has a Disc Golf tournament? The tournament is planned for Thursday, September 15th. Give it a try!

The Broome County Senior Games is celebrating its 25th year of helping people stay active through fun, competitive, adventurous athletic events! Senior Games give people the opportunity to stay fit by enjoying outdoor and indoor activities while meeting new people and having fun!

The Games start in August and end in November. They are open to anyone 55 years and older, with no residency requirement.

More information will be available about the Senior Games in mid-July. For questions, call Rita at (607) 778-2411, check out your local senior centers, or visit www.gobroomecounty.com/senior/games.



"They've been wonderful. I know the help is right there."

Molly Felczak

VNA Homecare Options Member



VNA Homecare Options is a managed long term care (MLTC) Medicaid plan for those who are eligible for nursing home care, are chronically ill or disabled, and need medical and/or non-medical home and community-based care to remain safely at home. Our services include:

- Adult Day Health Care
- Audiology
- Care Transitions
- Dental
- Durable Medical Equipment
- Home Health Aides
- Home Safety Modifications
- Housekeeping
- Meals
- Medication Mgmt.
- Nursing
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- Nutrition
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Caregiver Corner

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

Events for Caregivers

Tips for Overcoming Loneliness

Date: Thursday, June 2nd

Time: 2:00-3:30PM

Place: Broome County Public Library, Decker Room, 185 Court St

Presenter: Doris Green of Lifespan

While friends and family continue with their daily lives, caregivers may find themselves on their own as they strive to fulfill their caregiving roles. As a result, caregivers may become isolated, lonely and even depressed. This presentation will address practical ways to avoid isolation and loneliness and how to overcome these negative feelings.

Advanced registration is requested. Please call 778-2411 to register.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

Place: Stay Healthy Center (close to Sears), Oakdale Mall, Johnson City

Date: Monday, June 6

Time: 1:00-2:30 pm

Place: Broome West Senior Center, 2801 Wayne Street, Endwell, NY

Date: Wednesday, June 15

Time: 9:30-11:00 am

Place: Northern Broome Senior Center, 12 Strongs Place, Whitney Point

Date: Tuesday, June 7

Time: 9:30-11:00 am

Call Caregiver Services at 778-2411 with questions or for more information.

Arthritis on the Rise

About 53 million U.S. adults have arthritis. However, the number of men and women with arthritis is growing and expected to reach more than 78 million in 2040, according to a new Centers for Disease Control (CDC) study.

As the number of people with arthritis increases, their need for special medical care will grow as well. Providers who are experts in arthritis, like rheumatologists and orthopedic surgeons, may be harder to find and more expensive. In addition, programs like Social Security Disability Insurance and Medicare will also be impacted by the growing number of arthritis patients.

If a doctor has told you that you have arthritis, you can take steps to improve your health. CDC recommends physical activity and self-management education programs to help you live better with arthritis.

Be Active: Physical activity decreases arthritis pain, improves people's ability to do their usual activities, and delays disability. CDC recommends that people with arthritis be moderately physically active for 150 minutes per week. You can do that by walking 30 minutes a day for five days a week, which can be broken down into three ten-minute sessions throughout the day. CDC also recommends physical activity programs that are proven to improve the quality of life of people with arthritis.

Learn New Skills: Attending self-management education programs can help adults with arthritis learn ways to manage pain, reduce depression and frustration, and gain control of their arthritis. Learning these new skills to help you feel your best can increase your confidence to manage arthritis and other conditions daily. Using these skills can make it easier to age well with arthritis and thrive.

source: www.cdc.gov/features/arthritis-on-rise/

A Fresh Take on Summer Grilling

One of the best sounds of the summer is that initial sizzle from fresh cuts of meat hitting a hot grill. But there is a way to get that sizzle without the steak. Fish is a great option for the grill.

The American Heart Association recommends substituting chicken or fish for red meats since both have less cholesterol and saturated fat. Fattier fish, such as salmon and trout, also are high in heart-healthy omega-3 fatty acids.

Grillers should pay close attention to the marinade. Many pre-bottled marinades and barbecue sauces are high in sodium and added sugars like high-fructose corn syrup. Instead, you can marinate fish and vegetables in heart-healthy olive oil, balsamic vinegar and spices. No salt is needed!

For your side dishes, look for in-season vibrantly-colored fruits and vegetables to ensure you are getting a full range of nutritious offerings. Plus, they are perfect for people who crave something fresh and light to beat the heat. Some great options are strawberries, blueberries, cantaloupe, kale, carrots and beets. Fruits and vegetables that are brightly-colored are rich in phytochemicals, which are powerful disease-fighting substances.

But, nutrition-conscious people turning to a nice leafy salad instead of a potato or macaroni side dish need to remember that reaching for a bottle of salad dressing may be a mistake. Pre-bottled salad dressings may be overly salty and high in added sugars. Read the labels and look for healthy oils like canola and sunflower and choose a dressing that is low in sodium.

Portions are also important during a cookout. People may be relaxed in a family cookout, but they shouldn't fill their plate with just cuts of meat, bread and potato chips. Make half your plate fruits and vegetables, one-quarter protein and one-quarter grain (preferably whole).

adapted from: <http://news.heart.org/a-fresh-take-on-summer-grilling/>



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Older Americans Act Reauthorization

Statement from US Assistant Secretary for Aging Kathy Greenlee

President Obama signed the Older Americans Act Reauthorization Act of 2016 into law on April 19, 2016, reaffirming our nation’s commitment to the health and well-being of older adults. Earlier this year, the President called on Congress to reauthorize this important legislation as part of his remarks at the White House Conference on Aging.

For more than 50 years, the Older Americans Act has helped people live the lives they want, with the people they choose, throughout their lives. Through the aging services network, it has helped older adults continue to work, play and volunteer in their communities, to the great benefit of all. Because of the Older Americans Act, neighborhoods and organizations across the country are able to continue to draw upon the wealth of knowledge that comes only with life experience.

The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan. This promise is more important than ever. In a few short years, more than 77 million people will be over the age of 60, and more than 34 million people—mostly family and friends—will be supporting a loved one who is over 60. These numbers will continue to grow for the next several decades.

The OAA affects everyone—older adults, people who help support them, and all of us who hope to one day grow old. I am delighted to see its reauthorization, and I am deeply grateful for the renewed commitment to preserving the rights of all people, for the full course of our lives.

source: www.acl.gov



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Meeting Marie

by Emily Burns

A couple of weeks ago I was shopping at a local clothing store when I was approached by a woman named Marie. We chatted and she told me about her health struggles. She talked about her grandsons who live out of town. Marie also shared that her husband has some health challenges and that sometimes things are hard.

It occurred to me that Marie might benefit from some of the programs and services offered by Broome County Office for Aging (OFA) such as caregiver services or Senior Helpers. I suggested that she call OFA to see what might be available. Marie asked if I worked at Office for Aging, and I said, “No, I supervise Adult Protective Services (APS).” Marie said, “Oh, we don’t want to go into a home.” I tried to explain that both Office for Aging and APS work to keep seniors in their homes and safe.

APS can offer help to any adult living in the community who meets the following criteria: (1) reduced capacity for self-care; (2) risk of unmet needs or victim of neglect or abuse; and (3) has no one willing and able to assist them. When APS meets with seniors in the community, we focus on safety and supporting their wishes. APS cannot remove anyone from their home or force anyone into a nursing home or hospital. Our goal is to keep people in their own homes, safely, for as long as possible. When necessary, APS can also refer people to services from various community partners. APS works with local, county, and state law enforcement when there is concern that a crime has been committed and we assist seniors in obtaining protective orders if needed. In some instances, we can help manage a senior’s funds to insure that bills are paid and needs are met. All of these things are done for the purpose of keeping seniors in their homes as long as possible. So, if an Adult Protective Services Caseworker shows up at your door, please understand that he or she is there to help.

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Medication Drop Off

*****6 Convenient Locations*****

The Broome County Sheriff’s Office & the Broome County Office for Aging are working together to promote a safer community. Various senior centers will host Prescription Medication Drop Off events this June & July. No questions will be asked of you. Please do not bring needles.

Wednesday, June 15, 11:00 am- Vestal, 201 Main Street, Vestal

Monday, June 20, 11:30 am- Eastern Broome, 27 Golden Lane, Harpursville

Wednesday, June 29, 11:30 am- First Ward, 226 Clinton Street, Binghamton

Wednesday, July 6, 1:00 pm-Broome West, 2801 Wayne Street, Endwell

Wednesday, July 13, 11:30 am- Northern Broome, 12 Strongs Place, Whitney Point

Wednesday, July 20, 11:30 am- Johnson City, 30 Brocton Street, Johnson City



Broome County
Office for Aging



Questions - Call the Office for Aging at 778-2411

Look What's Happening at the Centers!

BROOME WEST..... **785-3427**

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9 am, Guitar Group 9 am - 12 Noon, Quilting 9-3 pm;
Chorus Practice 12:45 pm

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
Acrylic Painting (1st & 3rd) 1 pm

W: Bingo 9 am, Knitting w/Mary 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-8:30 pm

F: Bingo 9 am, Craft Class 9:30 am (call for schedule), Ping Pong 1-3 pm

Special Activities

Mondays: Laughter-Cize, 1 pm

Tues/Thurs Tai Chi for Older Persons, 3:15-4:15 pm (last class 6/28) /
Fee \$\$ and registration required.

6/8 Long Term Care Financial Options w/AOP, 11 am

6/8,9,10 Burger Bar, 11:30 am-12:30 pm

6/9 "Get Your FATS Straight," Nutrition Ed, 11:15 am

6/13 Special Breakfast: *blueberry pancakes*, 10:30 am-12:30 pm

6/14 Downsize & Declutter Series, 3-4:30 pm

Evening Meal (*roast pork/apple pie*) w/ Ryan Wilson, 5-7 pm

6/16 Philly Cheese Steak Day w/Marian Tewksbury, guitarist, 1
1 am-12:30 pm

6/17 Fathers' Day Observance, 11 am-1 pm

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/27 Special Breakfast: *egg & cheese English muffin*, 10:30 am-12:30 pm

6/28 Evening Meal (*meatloaf/homemade dessert*) w/Bob Sea Live, 5-7 pm

DEPOSIT..... **467-3953**

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at Noon

Weekly Activities (call for info):

T & Th: Cards & Morning Coffee Hour & Puzzle Board 9 am-12 pm;
Piano Music 10:30 am; Wii

T: Crafts, 10 am; Chair Exercises, 11 am

Th: Chorus 11-12 pm, Wii

Special Activities

Tues. Bingo, 1 pm: 6/7 Nickel; 6/14 Bag; 6/21 Quarter; 6/28 Nutrition

6/6 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

6/7 "Get Your FATS Straight," Nutrition Ed, 11:30 am

6/9 Sundaes on Thursday, 1 pm

6/11 (*Sat.*) Penny Social- Crafts & Activities Fundraiser, 11 am-1 pm

6/14 Flag Day Bake, 9:45 am

6/16 Fathers' Day Dinner (*roast pork/apple pie*) w/West Branch
Ramblers, 4:30 pm

6/21 Blood Pressure Screening w/Sandy, 11:30 am

Southern Tier Food Bank (at the fire station), 11:30 am

6/22 See you at **Senior Picnic** at SUNY Broome-

6/28 Visit w/Ross Park Zoomobile), 11-11:45 am



The Senior News is a monthly publication of the Office for Aging
funded by Broome County and the NYS Office for Aging
under Title III of the Federal Older Americans Act.

Direct mail subscriptions are available for \$10.00 per year
by calling 778-2411.

This contribution helps defray the cost of printing and postage.

EASTERN BROOME..... **693-2069**

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Shuffleboard, Billiards

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Wii practice/play 12:30 - 1 pm

Special Activities

Mondays: Mobile DMV, 10 am-3 pm (*Closed 12-12:30 for lunch*)

Thursdays: Bonesaver Exercise Class w/Dawn, 1:15-2:15 pm

Fridays: Gentle Tai Chi, 9 am

6/2,23 Bingo, 11:45 am

6/2 "Get Your FATS Straight," Nutrition Ed, 1:15 pm

6/4 (*Sat.*) Annual Rummage and Bake Sale, 9 am-1 pm

6/9 "Honoring Loving Relationships," 4-6:30: w/Rev. Arthur Suggs, 4:30 pm
Strolling Accordionist, David Hores, 5:30-6:30 pm

6/9,10 Burger Bar, 12 pm

6/10 Booster Session for the "Stepping On" Program, 12:30-1:30 pm

6/14 Information on the History of Our Flag & Flag Day, (all day)

6/15 Long Term Care Financial Options w/AOP, 12:15 pm

6/16 Evening Dining (*roast pork/apple pie*) 4 pm w/New Appalachia, 5:15 pm)

6/17 Fathers' Day Luncheon; Railroad History for the Southern Tier," 11 am

6/20 Medication Drop Off w/Sheriff Harder, 11:30 am

6/22 Center Closed; see you at **Senior Picnic** at SUNY Broome

6/27 Horse Racing w/Bonnie Hill, 10 am

6/28 "Welcome Back Breakfast" for Belden Hill Campers, 8-9:30 am

6/30 Day Trip to the Guitar Factory, Nazareth, PA

Evening Dining (*meatloaf/homemade dessert*) w/Cellar Yellers, 4 pm

FIRST WARD..... **797-2307**

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm

(No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Holdem 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm;
Texas Holdem 12:30; Art 1 pm

W: Ceramics 9:00 am; Chorus 9:30 am; Pottery 1:00 pm

Th: Sewing 9:00 am; Mah Jongg 12:30 pm; Art 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Holdem 12:45 pm; Art 1:00 pm

Special Activities:

Tuesdays: CHOW Bus, 11- 12 pm

6/1 Social Club Meeting, 1 pm

6/2 Evening Meal (*liver OR chx cordon bleu/lemon meringue pie*)
(reservations required), 5 pm

6/2,3 AARP Safe Driver Course, 9 am-12 pm

6/7 Long Term Care Financial Options w/AOP, 12:15 pm

6/8 Legal Aid (*by appointment only*), 9 am

Blood Pressure Clinic, 10 am

6/13 Scarlet Bonnets, 1 pm

6/16 Philly Cheese Steak Day, 11:45 am

6/17 Fathers' Day Luncheon, 11:45 am

6/20 Brunch Special: *waffle w/blueberry topping*, 10:30 am

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/29 Medication Drop Off w/Sheriff Harder, 11:30 am

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790

Center Hours: Mon - Fri 9:00am - 4:00pm**Lunch served at 11:45 call 797-1149****Hot Lunch (Reservations):** M/W/Th/F**Walk-Ins Welcome:****Sandwich & Soup Bar:** Wed/Thurs, 11:45 am - 12:30 pm**Breakfast for Lunch:** Tues, 10:30 am - 12:00 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Watercolor Painting 9 am; Bingo 12:30 sales/1:30 play, Knit/Crochet,

Poetry 1 pm; Pitch (cards) 1 pm

T: Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm**W:** Quilting 9 am; Pinochle, Penny Bingo 12:30 pm; Writers' Workshop

1 pm; Mahjong 1 pm

Th: Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm;

Meditation 3 pm

F: Watercolor Painting 9 am; Ladies Singing 10 am; Hearts (cards) 11 am**Special Activities:**

6/1 Hearing Loss Meeting, 7 pm

6/2 Financial Benefits w/OFA, 11 am

6/3 Outdoor Car Show w/Orange Blossom Special & Doc's City

Chicken, 11 am- 2 pm

6/6 Tap Dance Class, 2 pm

6/7 SNAP Nutritional Education, 10:30 am

6/8,9 Burger Bar, 11:45 am

6/15 Food Safety 101 Class, 2:30 pm

6/16 "Get Your FATS Straight," Nutrition Ed, 11 am

6/20 Country Line Dance Performance, 11 am

6/21 Red Hat Society Meeting, 6:30 pm

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/23 Long Term Care Financial Options w/AOP, 10:30 am

6/28 Ice Cream Social/Music, 12 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm**Lunch served at Noon****Sandwich and Soup Bar:** Mon-Fri 11-12:30 pm**Breakfast for Lunch:** Thurs 10-12:30 pm**Weekly Activities:** Exercise classes listed on page 4**M:** Horse Racing (1st/3rd) 10 am; Quilt/Sewing Class 10 am-3 pm; Bingo

10:30 am; Pinochle 12:30 pm

T: Computer Class 8:30; Osteo Exercise 10 am; **W:** Shuffleboard 10 am;

Bunko (dice game), 12:30 pm

Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood PressureTesting (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise,

12:30 pm

F: Bingo, 10:30 am**Special Activities:**

6/1 Yoga, 1:30-2:30 pm

6/3 "Under the Sea" themed 42nd Anniversary (*roast turkey/strawberry shortcake*) w/Greg Neff, 12 pm (please reserve)

6/6 Horse Races, 10:30 am

6/8 Upsy Daisy Day, 12:15 pm

6/14 Flag Day Trivia w/Prizes, 11 am

Evening Dining (*roast pork/apple pie*) w/Rich Wilson, 4:30 pm

6/16 Philly Cheesesteak Day, 11 am-12:30 pm

6/17 Fathers' Day Celebration, 11 am

Movie of the Month: "Virginia's Run," 12:15 pm

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/24 Banana Split Bash Patio Party w/Gary Teed & Company, 12 pm

6/28 Evening Dining (*meatloaf/homemade dessert*) w/Bingo, 4:30 pm

6/29 Long Term Care Financial Options w/AOP, 12 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm**Lunch served at Noon****Weekly Activities:****Daily:** Coffee 8-11 am, Games and Cards**M:** Bingo 10-11 am**Tu:** Fitness 10-1:30 am; Wii Bowling 10:30-11:30 am; CHOW 12:30-1:30 pm**Th:** Fitness 10-11:30 am**Fr:** Wii Bowling 10:00 - 11:30 am**Special Activities:**

6/1 Shake a Memory Game, 10 am

6/2 "Shorestock" 60's themed 30th Anniversary (*chx honey mustard OR pub burger/homemade dessert*) w/Greg Neff, 12 pm

6/8 Craft Corner, 10:30 am

"Get Your FATS Straight," Nutrition Ed, 11 am

6/9 Special Lunch: *chef salad/breadsticks/dessert*, 11 am-12:30 pm (No reservations!)

6/15 Pictionary, 10 am

6/17 "Who's Dad Is It?" 10 am • Fathers' Day Luncheon, 12 pm

6/20 First Day of Summer Refreshments, 10 am-2 pm

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/23 Greed (dice game), 10 am

6/29 Craft Corner, 10 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria

201 Main St., Box #4, Vestal, NY 13850

Center Hours: Mon - Fri, 9:00am - 2:00pm**Lunch served at 11:45am****Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm****Weekly Activities:** Exercise classes listed on page 4**Daily:** Coffee Klatch, Cards, Games**M:** Walking Group 8 am**T:** Pinochle 9:30 am**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Chair Exercises 10:30; Oil Painting 1-3 pm**Th:** Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm; Bridge Group 1-3 pm**F:** Walking Group 8 am; Mahjong 9:30 am**Special Activities:**

6/1 Planning for Long Term Care w/AOP, 10:15 am

Blood Pressure w/Kay Devine, 10:30 am

6/6,20 Beulah Rebekah Lodge #115 Meeting, 12-1:30 pm

6/2,16 Bingo w/Brad, 10:15 am

6/6 Discussion w/the Pharmacist (Lourdes), 10:15 am

6/7 Estate Planning w/Levene Gouldin & Thompson, 10:15 am

6/8,10 Burger Bar, 11:30 am

6/15 Medication Drop Off w/Sheriff Harder, 11 am

6/17 Fathers' Day Luncheon, 11:30 am

6/20 Summer Banana Splits (\$1 each), 12 pm

6/21 Trip Sign-up for Niagara Falls/Toronto, 9:30 am

6/22 Center Closed; see you at the **Senior Picnic** at SUNY Broome

6/23 "Get Your FATS Straight," Nutrition Ed, 10:30 am

6/24 Pizza Day *OR* Chef Salad (please reserve), 11:45 am6/27 Breakfast for Lunch: *waffle w/fruit topping*, 11:30 am-12:30 pm

6/28 Vestal Senior Club Meeting, 12:45 pm

Support Local Charities with Your Castoffs

Three local organizations will discuss how they help you and the needy in the community by taking and selling your unwanted items. Representatives from Samaritan House, Project Concern and Ready to Rummage will explain how they operate and how your unwanted items can help others.

This month's declutter session is on Tuesday, June 14 at 3:00 pm at Broome West Senior Center. Each month's presentation is different. No registration is required. Call Joan at 778-6206 if you have questions, and mark your calendar every second Tuesday of the month.

MEET, GREET & EAT

June Menu - Bon Appétit!

MONDAY (Breakfast for Lunch @ BW, FW Senior Ctrs)	TUESDAY (Breakfast for Lunch @ JC Senior Ctr)	WEDNESDAY	THURSDAY (Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)	FRIDAY
		Ham w/Raisin Sauce 6/1 Scalloped Potatoes Red Cabbage Supreme Pineapple Upside Down Cake	Pub Burger OR 2 Honey Mustard Chicken Red Potato Salad Tropical Fruit Apple Crisp	Potato Crusted Pollack 3 OR Chinese Pepper Steak Mashed Potatoes Country Blend Vegetables Pumpkin Cookie
Meatball Parmesan Sub 6 Minestrone Soup Brownie	Halupki 7 OR Chicken w/Cranberry Mashed Potatoes Peas & Carrots Low Fat Muffin	Roast Turkey w/Gravy 8 Apple Bread Dressing Monte Carlo Blend Veg. Apricot Halves	Stuffed Pepper Casserole 9 Wax Beans Tossed Salad Tapioca Pudding w/Mandarin Oranges	Breaded Fish 10 OR Chicken w/Pineapple Rice Pilaf Mashed Hubbard Squash Oatmeal Cookie
Chicken Cacciatore 13 Over Noodles Italian Mix Vegetables Ice Cream Cup	Chili Dog 14 Baked Potato Tossed Salad Peach Cobbler	Roast Beef w/Gravy 15 Mashed Potatoes Country Mix Vegetables Pears	Beer Battered Fish 16 OR Broccoli Omelet Parmesan Rice Cut Green Beans Fruited Gelatin	Father's Day Observation Fish Florentine 17 OR Grandma's Meatloaf Mashed Potatoes Peas & Carrots Bread Pudding w/Raisins
Macaroni & Cheese 20 Stewed Tomatoes Cauliflower w/Parsley Banana	Pub Burger 21 OR Chicken Salad Sand. Pasta Salad Pineapples & Mandarin Oranges	Senior Picnic @ SunyBroome Rotisserie Chicken 22 Red Potato Salad Baked Beans Strawberry Shortcake <div style="border: 1px solid black; padding: 2px; display: inline-block;">60+ \$4 < Age 60 \$5</div>	Beef Stroganoff 23 Over Noodles Cut Green Beans Grape Juice Sherbet Cup	Salisbury Steak w/Gvy 24 OR Lemon Pepper Pollack Chantilly Potatoes Sonoma Blend Vegetables Peaches
Manicotti 27 Cut Green Beans Cauliflower w/Parsley Chocolate Chip Cookie	Roast Turkey w/Gravy 28 Bread Dressing Monte Carlo Blend Veg. Cinnamon Applesauce	Liver w/Onions 29 OR Chicken Marengo Mashed Potatoes Peas Rice Pudding w/Raisins	Sweet & Sour Pork 30 Over Rice Broccoli Tossed Salad Cake w/Lemon Frosting	4th of July Party! Beer Battered Fish 7/1 OR BBQ Chicken Breast Baked Potato Coleslaw Fruited Gelatin

At all Broome County Senior Centers. Age 60+ – \$3.25; Under Age 60 – \$4.25. **Reservations are needed by noon the day - before.** Menu subject to change. For more information or the telephone number of a senior center near you, call 778-2411.

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 5

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

Senior News Editorial Policy

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