



Visit Our Website at www.gobroomecounty.com/senior

One of Our Favorite Things Turns Fifty

This year the film *The Sound of Music* (1965) celebrated a half-century of fame. Adapted from the Rodgers and Hammerstein's Broadway musical, the movie starred Julie Andrews and Christopher Plummer, and won five Academy Awards, including Best Picture. Set in Austria in 1938, the plot closely follows Maria von Trapp's memoir, *The Story of the Trapp Family Singers*, which tells of how as a young woman she took a position as governess in a large family while she decided whether or not to become a nun. As it happens, she falls in love with the children and eventually with their widowed father, Captain von Trapp. In the end the two marry, and with the children, manage to elude conscriptive German soldiers by escaping into Switzerland. Many of the film's beloved songs have become classics: "My Favorite Things," "Edelweiss," "Climb Ev'ry Mountain," "Do-Re-Mi," and of course the title song, "The Sound of Music."

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph."

Shirley Temple

Sorry, New Year's Delayed!!

There are occasional "Leap Seconds" added to the official year. We will spare you the detail on those, except to say it helps to correct minor variations. On December 31, 2015, the folks who maintain the official time for the planet, will add an extra second to the day!

Special Luncheons to Celebrate the Holidays

As Andy Williams sang in 1963, "It's the most wonderful time of the year!" So mark your calendars and get together with family and friends at the Broome County Senior Centers to share a special holiday meal. Listed below are details about these luncheons at participating senior centers. We look forward to celebrating the season with you!!

Holiday Luncheon Wednesday, December 9

(Tuesday, Dec 15 in Deposit)

Enjoy your choice of chicken cordon bleu or fish Florentine; dessert is cheesecake.

(Suggested contribution is \$4 for those over age 60 and \$5 for people under age 60.)

Broome West:

Ted Davenport - Harpist from 11 am – 1 pm

Deposit (Tues. 12/15):

Four of Hearts Quartet

Eastern Broome:

Country Music by Doc Weismore at Noon

First Ward:

Animal Adventure at 12:15 pm

Johnson City:

Russ Lockwood at 11:45 am

Northern Broome:

Orange Blossom Special at 11 am

North Shore Tower:

Music by the Children of the YMCA at 10:30 am

Vestal:

Four of Hearts Quartet - 12:30 – 1:30 pm

New Year's Eve Luncheon Thursday, December 31

Join us as we ring in the New Year!

On the menu there is a choice of roast beef or lemon pepper Pollack with rich chocolate vanilla wafer pudding for dessert. (Suggested contribution is \$3.25 for those over age 60 and \$4.25 for people under age 60.)

Broome West:

Ralph Muro, 11 am – 1 pm

Johnson City:

Orange Blossom Special, 11:30 am

North Shore Towers:

Spelling Bee, 10:30 am

Be sure make your lunch reservations at least one day in advance.

Phone numbers can be found on the back pages of this issue.

Do It Yourself (DIY) Ice Globe Decorations

by Gina Hazar

As winter approaches, Southern Tier families spend more time indoors. Since the cold weather prevents many warmer weather activities, why not spend time with loved ones making these decorations. DIY ice globes are easy to make and kid-friendly. Here's all you need for this project; water balloons & food coloring.



1. To begin, add a few drops of food coloring to an empty balloon. Next, attach the water balloon to the water faucet and begin filling slowly. Be sure to hold the balloon near the bottom as the balloon can become heavy and fall off the faucet. Once the balloon is full, turn the faucet off and knot the balloon.

2. Now the water balloons are ready to freeze. You can freeze the balloons in your backyard if weather allows, otherwise count on using your freezer. Remember, like ice-cubes, these water balloons will take time to freeze.

3. Once they have frozen, simply use a scissor to cut the balloon and unveil the beautiful ice globe. You can now decorate your backyard or other outdoor space with these magical ice globes. Get creative and try adding sparkles or confetti. Most of all have fun!

Editor's Note: Be sure to dispose of the balloon pieces safely to prevent accidental ingestion by young children or pets.

Celebrate

family • traditions • friends



Celebrating Kwanzaa

Kwanzaa is a week-long celebration held in the United States and in other nations of the Western African diaspora in the Americas. The celebration honors African heritage in African-American culture, and is observed from December 26 to January 1, culminating in a feast and gift-giving. Kwanzaa has seven commemorative principles (*Nguzo Saba*), each of the seven days of Kwanzaa being dedicated to a specific one.

Families celebrating Kwanzaa decorate their households with objects of African-related art and colorful African cloth and enjoy fresh fruits that represent African idealism. Observant women often wear kaftans. It is customary to include children in Kwanzaa ceremonies and to express respect and gratitude to ancestors. Libations are shared, generally with a common chalice passed around to all celebrants. Non-African Americans also celebrate Kwanzaa. The holiday greeting is "Joyous Kwanzaa."

Cultural exhibitions include the popular Spirit of Kwanzaa, an annual celebration held at the John F. Kennedy Center for the Performing Arts in Washington, DC, featuring interpretive dance, African dance, song and poetry. In 2009, author Maya Angelou narrated the documentary *The Black Candle*, a film about Kwanzaa.

Adapted from www.wikipedia.com

You Know You're Old When...

- ◆ Everything hurts and what doesn't hurt doesn't work.
- ◆ The gleam in your eyes is from the sun reflecting on your glasses.
- ◆ You keep repeating yourself.
- ◆ You feel like the morning after and you haven't been anywhere.
- ◆ Your children begin to look middle-aged.
- ◆ You keep repeating yourself.
- ◆ You finally reach the top of the ladder and find it leaning against the wrong wall.
- ◆ You look forward to an evening in.
- ◆ You can't read this without your glasses.
- ◆ Your favorite part of the daily newspaper is *50 Years Ago Today*.
- ◆ You turn out the lights for economic rather than romantic reasons.
- ◆ Your knees buckle but your belt won't.
- ◆ Your back goes out more than you do.
- ◆ You have too much room in the house and not enough in the medicine cabinet.
- ◆ You keep repeating yourself!

Reproduced by kind permission of *This England* magazine.

AARP

AARP #3071 Binghamton meets at the United Methodist Church, 113 Grand Blvd., Binghamton, the second Wednesday of each month at 1:15pm.



Senior Center Holiday Closing

All Senior Centers will be closed on
Friday, December 25th
in observance of Christmas Day and
Friday, January 1st
in observance of New Year's Day.



Senior Citizen Winter Indoor Walking

During the winter months ("when the weather outside is frightful!"), the Broome County Office for Aging and the local school districts have teamed up to offer people age 60 and older indoor walking opportunities.

Sites are open through April 29, 2016. Seniors can walk through the hallways at the designated sites only during the scheduled times, Monday – Friday. When the schools are closed for holidays and snow days, etc., the walking program will also be closed.

A registration form is required to walk. You can get your walking registration forms and incentive sheets from the school office by calling the Office for Aging at 607-778-2411 or online at www.gobroomecounty.com/senior/healthed.

Walking Sites

Times

East Middle School (Binghamton)		6:00 am – 7:30 am
Oak Street Senior Center (Binghamton)	M, T, W, F:	9:00 am – 1:30 pm
Roosevelt Elementary (Binghamton)		3:15 pm – 4:00 pm
West Middle School (Binghamton)		7:00 am – 7:30 am & 4:30 pm – 5:00 pm
Chenango Forks High School		3:00 pm – 4:00 pm
Chenango Valley High School	T, W, Th:	6:00 pm – 8:00 pm
Deposit Elementary		3:00 pm – 4:00 pm
*Jennie F. Snapp Junior High (Endicott)		3:00 pm – 5:00 pm
TJ Watson Elementary School (Endicott)		7:00 am – 8:00 am
Highland Park Gymnasium (Endwell)		7:00 am – 9:00 am
Vestal Old Junior High School	M, W, F:	8:00 am – 9:00 am
Vestal High School		6:00 am – 7:00 am
Brookside Elementary (SV)		7:00 am – 8:00 am
Susquehanna Valley High School		7:00 am – 7:45 am
Caryl Adams Elementary (Whitney Point)		3:30 pm – 5:00 pm
Floyd Bell Elementary (Windsor)		7:30 am – 8:40 am & 3:45 pm – 7:45 pm
Alice Freeman/Palmer Middle School (Windsor)		7:00 am – 7:30 am & 3:45 pm – 6:30 pm

*Jennie F. Snapp – for security reasons you must enter the school at the Loder Avenue entrance between 3:00 – 3:30 pm, but you can walk until 5:00 pm.

Unusual Gifts

Stuck for gift ideas or stuck at home? These websites will take you to a realm of unusual and unique gifts:

- www.reminisce.com
- www.firststreetonline.com
- www.fashionablecanes.com
- www.elderluxe.com
- www.seniorstore.com
- www.etsy.com

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25th "Stepping On" Workshop Graduates Eleven

This fall the 25th "Stepping On" wellness workshop was held at the Eastern Broome Senior Center. Eleven participants graduated with flying colors. All improved their balance and ability to prevent a fall. Over the past six years, 390 local individuals have "graduated" from the seven-session fall prevention workshop. Testimonials have included;

- "I wish I had known about this program years ago. It has helped me become more confident, my balance has improved and I am walking so much better."
- "My favorite session was when they discussed medication and how this might be a factor in falling. I never did understand the reasoning behind Calcium and Vitamin D, now I do."
- "Challenging muscles helps them to become stronger. Staying active has a lot to do with staying happy and healthy, but greater, staying independent and in my own home. Diane and Donna were just great helping us to understand all the different aspects of the program. Thank you so much."
- "All I can say to others is, going to this program will make you more aware of the many things we all need to do to prevent falls."

In partnership with the Broome County Office for Aging, the Broome County Health Department has contracted with Independence Awareness Inc. to bring this educational wellness program to Broome and Tioga County. "Stepping On" finishes its fifth and final grant year July 31, 2016. Diane and Donna, RN's of Independence Awareness, will be conducting five more workshops beginning in April 2016. Please call Diane at 757-0750 or Donna at 765-4180 for dates, times and registration information.

Graduates of the 25th "Stepping On" Workshop



Trim Back Your Accumulated Things?

Through the years we collect and hold on to many, many things. Is it time to trim back some of them? For a number of reasons, it's hard to do.

On December 8th at 3 pm at the Broome West Senior Center, 2801 Wayne Street, Endwell, we'll discuss "collections" and talk about developing a plan for thinning back some of our accumulations. This session is part of a monthly program to help individuals downsize and declutter their homes. All ages are welcome. Call Joan at 778-6206 to register.

The Hanukkah Menorah

The Hanukkah (or Chanukah) menorah, unlike the seven-branched candelabrum that is a traditional symbol of Judaism, is nine-branched. On each night of the eight days of Hanukkah, celebrated in December and also known as the Festival of Lights and Feast of Dedication, a new branch is lit. The ninth holder, called the shamash ("helper" or "servant"), is for the candle used to light all other candles and/or to be used as an extra light.

source: www.wikipedia.com



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Toys We Dreamt With

Lionel Trains: The Lionel Corporation, an American toy manufacturer and retailer, specialized in various products throughout its existence, but toy trains and model railroads were its main claim to fame. Lionel trains, produced from 1900 to 1969, drew admiration from model railroaders around the world for the solidity of their construction and the authenticity of their detail. During its peak years, in the 1950s, the company sold \$25 million worth of trains per year. Their most popular toy train was the Santa Fe F3 released in 1948. It was manufactured for 19 years before being discontinued in 1966. Lionel remains the most enduring brand name associated with model trains in the United States, its products prized by collectors.

The **Easy-Bake Oven** is a working toy oven introduced by Kenner in 1963, and currently manufactured by Hasbro. The original toy used an ordinary incandescent light bulb as a heat source; Kenner sold 500,000 Easy-Bake Ovens in the first year of production. By 1997, more than 16 million Easy-Bake Ovens (in 11 models) had been sold.

The oven comes with packets of cake mix and small round pans. (Additional mixes can be purchased separately.) The little baker simply adds water to the mix in the pan, and pushes the pan into the oven through a slot. When fully baked, the cake is pushed out through a slot in the other end.

In 2006 the Easy Bake Oven and Lionel's electric train became the first two electric toys inducted into the National Toy Hall of Fame.

source: Wikipedia.com

Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
<p><i>Broome West</i> 10:30 am – 12:30 pm</p> <p><i>First Ward</i> 10:30 am – 12:30 pm</p>	<p><i>Eastern Broome</i> 8:00 – 9:30 am</p> <p><i>Johnson City</i> 10:30 am – 12:30 pm</p>	<p><i>Eastern Broome</i> <i>Golden Griddle Brunch</i> 10:30 am – 12:00 pm</p> <p><i>Northern Broome</i> 10:00 am – 12:30 pm</p> <p><i>1st Thursday of the Month</i> <i>North Shore Towers</i> 11:00 am – 12:30 pm</p>



Enjoy made-to-order pancakes, waffles, French toast, omelets for just a \$3.25 contribution (ages 60+) and \$4.25 for all others. Call center for exact menu. See center listings for other participating locations.

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)
Friday	11:00 am	Oak Street Senior Center (Binghamton)

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)
Tues & Fri	9:45 am	Oak Street Senior Center (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)
Friday	1:00 pm	Vestal Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

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

Chair Dance Party

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

Wednesday	10:30 - 11:30 am	Vestal Senior Center
Thursday	10:00 - 10:30 am	First Ward 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.

- Look for 2016 classes in future issues

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	Thursday	4:30 - 6:00 pm	West Middle School

Lo-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body.

Thursday	10:30 am	Johnson City Senior Center
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Wii Fitness

Tuesday	10:30 am	North Shore Towers Senior Center (Binghamton)
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Sunrise Yoga: Project Baptiste Foundation

Participants must have some type of military affiliation

Tues & Wed	1:30 - 2:30 pm	Northern Broome Senior Center (Whitney Pt)
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**Complete addresses and phone numbers for all Senior Centers are located on pages 14 & 15*

EVENTS at the CENTERS

Holiday Gift Shop

Open Daily M-F: 9-3 pm
Broome West Senior Center
785-1777

Get your holiday shopping done early. We have unique, handcrafted wreaths, baby gifts and more!

Holiday Breakfast

Tuesday, December 1, 8-9:30 am
Eastern Broome Senior Center
693-2069

Start your morning with holiday cheer, featuring French toast w/strawberries, blueberry pancakes, bacon, sausage, omelets and more!

Christmas Card Social

Friday, December 4, 12:30-2:30 pm
Northern Broome Senior Center
692-3405

Prepare your holiday greeting cards with us! There'll be music, refreshments, and the company of friends.

Holiday Bake Sale

Tuesday, December 15, 10 am-1 pm
Vestal Senior Center
754-9596

Satisfy your sweet tooth or purchase a sweet gift from a variety of homemade baked goods.

Trivia:

Remembering Year 2015

Wednesday, December 30, 10:30 am
North Shore Towers Senior Center
772-6214

Test your knowledge of year 2015. You'll be surprised at how much you know!



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Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center • Johnson City Senior Center



Johnson City Senior Center

December 5
Dickens of a Christmas

January 5, 2016
1 pm

“A Trip Presentation Party:
Our 2016 Itinerary” at our center,
797-3145.

First Ward Senior Center

The 2016 trip schedule is nearly ready for our 2015 travelers. Others may call 607-203-1179 for a copy. Note updated trip and sign-up policy.

“The holiest of holidays are those kept by ourselves in silence and apart; The secret anniversaries of the heart.”

Henry Wadsworth Longfellow

Christmas Trees

The tradition of decorating a Christmas tree in the home developed in 16C Germany. It acquired broader popularity in Europe during the 19C, most notably in England. In 1841, at Windsor Castle, German-born Prince Albert (husband of Queen Victoria) introduced the custom of decorating a fir tree with candles, sweets, and trinkets. A portrait of the royal family gathered around a Christmas tree was later published in America, and helped extend the practice of this venerable tradition.



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Holiday Activities Planned!

The Broome County Senior Centers have planned a variety of holiday-related activities throughout the month of December. Celebrate the season with us at one or more of these special events!

Tuesday, December 1, 8:00 - 9:30 am:

Eastern Broome Senior Center in Harpursville is hosting their popular annual holiday breakfast. Enjoy music, decorations, and a menu that includes French toast with strawberries, blueberry pancakes, bacon, sausage, omelets and more!

Tuesday, December 1, 10:00 am:

Like arts & crafts? Deposit Senior Center will be making Christmas trees. Friday, December 4, 9 am-1 pm: ‘Tis the season of giving so find a great gift for someone on your list by browsing the Oak Street Center’s Costume Jewelry Sale.

Monday, December 7, 11:00 am:

Johnson City Senior Center will be holding the Line Dancers’ Holiday Show for “a hootin’ and a hollerin” toe-tappin’ good time, so head on over!

Monday, December 14, 10:30 am:

Feeling lucky? Northern Broome Senior Center in Whitney Point will be holding a Christmas Gift Bingo...winners will unwrap their prizes on the spot!

Wednesday, December 16, 10:30 am:

Vestal Senior Center will be crafting Christmas tree jewelry. Please bring any old jewelry you no longer use to rediscover its beauty!

Thursday, December 17:

Broome West, First Ward and Northern Broome Senior Center will be enjoying a delicious Philly Cheesesteak for lunch. Mmmm! Broome West will have entertainment by Charlie Carr’s Guitar Group starting at 11 am. The First Ward Chorus will perform a holiday concert at 1:00 pm.

Wednesday, December 30, 10:30 am:

Play a ‘2015 events’ themed trivia game at North Shore Towers Senior Center...what do you remember?

Senior Center addresses and phone numbers can be found in the “Look What’s Happening at the Centers” section on the back pages of this issue. We look forward to seeing you!!



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- about hanging shelves for mementos because your wall unit will not fit & you desperately want to display your cherished family photos.
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Winter Solstice, December 2015

For us in the northern hemisphere, the winter solstice makes for our shortest day of the year and thus our longest night. In the southern hemisphere the opposite holds—they enjoy their longest day and shortest night.

The solstice actually occurs at the same instant all around the world. This year it's December 22 at 4:48 a.m. UTC which means that in Binghamton the winter solstice falls on December 21 at 11:48 p.m. EST. Why the difference? We are five hours behind what used to be known as Greenwich Mean Time (GMT), located in England and serving as the world's official time-designator, but now called Coordinated Universal Time or UTC.

Robert Frost's poignant poem "Stopping by Woods on a Snowy Evening," written in the 1920s in New England, makes much of our winter solstice, "the darkest evening of the year." See below.

"Stopping by Woods on a Snowy Evening"

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Robert Frost (1923)

**"A friend is a gift
you give yourself."**

Robert Louis Stevenson



We Remember

National Pearl Harbor Remembrance Day, observed annually in the United States on December 7, commemorates the 2,400 killed in the Japanese attack on Pearl Harbor on that day in 1941. The attack occurred without warning and without a declaration of war. It is a tradition to fly the Flag of the United States at half-staff until sunset in honor of those who lost their lives on that terrible day.

source: www.wikipedia.com

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Enhance Your Emotional Wellness

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

source: www.newsinhealth.nih.gov

***Want to enrich your life?
Volunteer at a school or day care.
Share a lifetime of wisdom with children.***

- ◆ Serve 20 hours per week in a school or day care setting.
- ◆ Receive earnings that do not affect rent or other benefits.
- ◆ Must be age 55 and older and income eligible.

Call 607-778-2089 – Foster Grandparent Program

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Broome County Office for Aging

Is It OK to Eat Snacks?

You may have heard that eating between meals isn't good for you, but snacks are okay as long as they are smart food choices. Choose snacks that are nutrient-dense—ones with lot of nutrients but relatively few calories. Limit foods that have empty calories like cookies, candy, sodas, and alcohol. If you eat snacks, remember to include them in your daily calorie count.

Here are some suggestions for healthy snacks.

- ~ Keep a bowl of cleaned, raw, cut-up vegetables in a see-through container in the refrigerator.
- ~ Carrot and celery sticks are traditional, but consider red or green pepper strips, broccoli florets, or cucumber slices.
- ~ Cut-up fruit makes a great snack. Either cut up the fruit yourself, or if your budget allows, buy pre-cut packages of fruit pieces like pineapples or melons.
- ~ Try whole fresh berries or grapes.
- ~ Top plain, fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- ~ Spread peanut butter on apple slices or celery sticks.
- ~ If chewing is not a problem for you, consider dried fruits like raisins or dried apricots. They are easy to carry and store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- ~ Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.
- ~ Spread peanut butter or low-fat cream cheese on whole wheat toast.
- ~ Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.
- ~ Have an ounce of reduced or low-fat cheese with some 100% whole-grain crackers.
- ~ If you want some nuts or chips, don't eat from the bag. Count out a serving, and put the bag away.
- ~ When you're out and need a snack, don't be tempted by a candy bar. Instead, take along some fruit or raw vegetables in a plastic bag.

source: nihseniorhealth.gov



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Caregiver Corner

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

Positive Coping Strategies for Caregivers

Date: Thursday, December 10th

Time: 1:00-2:30 PM

Place: Stay Healthy Center (Outside of Sears)
Oakdale Mall, Johnson City, NY

Presenter: Dorothy Gardner, Prior UHS Stay Healthy Senior Advocate
& Suzanne Thrasher, Clinical Social Worker

Many caregivers report feeling stress and guilt at some point in their caregiving role. These emotions can greatly impact a person's health and ability to manage a loved one's care. This presentation will provide coping strategies designed to help caregivers deal with powerful emotions and experience the positives of caregiving.

Register by calling the Office for Aging at 778-2411.

Caregiver Chat Groups

These informal chats are open to caregivers of any age.

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

Date: Monday, December 7th

Time: 1:00-2:30 PM

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

Date: Wednesday, December 16th

Time: 9:30-11:00 AM

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



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Safety Tips for Winter Walking

When the winter air is crisp and the ground is covered with snow, there's nothing like taking a walk to enjoy the beauty of the season - walking is one of the best ways to keep fit. On the other hand, winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for the innocent pedestrian. Just one bad fall on ice can have long-term consequences. These include chronic pain in the affected area, a disabling injury that may mean loss of independence or fear of another fall, which discourages a healthy, active lifestyle.

Basic Precautions

As winter approaches, outfit yourself for safe walking:

- ◆ Choose a good pair of winter boots. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.
- ◆ Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic. Before buying the grippers, be sure that you are able to attach and remove them from your boots, which is best done sitting down.
- ◆ Use a cane, or even a pair of ski poles or walking sticks to help with balance. Make sure they're the right height for you. When your cane is held upside down, the end should be at wrist level. Speak to your doctor or health care provider about how to use a cane properly.
- ◆ If using a cane, attach a retractable ice pick to the end. Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors. Picks are inexpensive and available at most drug stores.
- ◆ If you need further support, use a walker. The cost might be defrayed by your health insurance so talk with your doctor.
- ◆ Wear a hip protector (a lightweight belt or pant with shields to guard the hips). It can help protect the hips against fractures and give added confidence.
- ◆ Help other road users see you by wearing bright colors or adding reflective material to clothing.
- ◆ Prevent heat loss by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers may also keep you warmer.

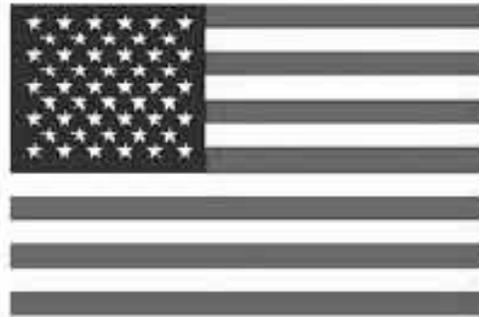
Once the snow and ice arrive, make sure your walking surfaces are safe:

- ◆ Keep entranceways and sidewalks clear of ice and snow. Report hazards on sidewalks or pathways to your landlord or the city/town.
- ◆ Carry a small bag of grit, sand or non-clumping cat litter in your jacket pocket or handbag to sprinkle when you are confronted with icy sidewalks, steps, bus stops, etc.
- ◆ Ask a passer-by to help you cross an icy surface.

source: www.canadasafetycouncil.org

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.

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What Can Exercise Do For Me?

Making exercise a regular part of your daily routine will have a positive impact on your health and your quality of life as you get older. Staying physically active and exercising regularly can:

- help improve mood and reduce feelings of depression,
- help manage or improve diabetes,
- help manage or improve heart disease,
- help manage or improve some types of cancer.

Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do and stay independent as you get older. For example, improving endurance can make it easier to work in the garden. Increasing muscle strength can make it easier to lift a grandchild or climb stairs. Improving balance helps prevent falls, and being more flexible can help you reach for items on kitchen shelves.

For more on the everyday benefits of exercise, see “Real-Life Benefits of Exercise and Physical Activity” from “Go4Life®” (www.go4life.nia.nih.gov), the exercise and physical activity campaign from the National Institute on Aging.

source: www.nihseniorhealth.gov

Editor’s Note: For a listing of local exercise classes, see “Health & Wellness” page 4.



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Home Heating Assistance Available This Winter

HEAP helped more than 56 thousand Southern Tier households last year!

Households in need of assistance paying heating bills this winter can once again take advantage of the federal government’s Home Energy Assistance Program (HEAP). Last year, more than 56,000 homes were assisted in the Southern Tier under HEAP.

“When the winter cold settles in, the HEAP program will help struggling households afford the costs of heating their homes,” said Assemblywoman Donna Lupardo. “I encourage all eligible residents to take advantage of HEAP so they can stay more comfortable this winter.”

HEAP is overseen by the New York State Office of Temporary and Disability Assistance. Eligible households can receive a one-time benefit of up to \$625 this winter depending upon income, household size, and heating source. For more information, contact Broome County’s Department of Social Services at 607-778-1100 or visit www.otda.ny.gov/programs/heap. Eligible seniors can also contact the Office for Aging at 607-778-2411.

Turn Up the Heat: The Dangers of Cold Living Spaces

To keep bills down, many of us hesitate to turn the temperature up in our homes during the cold winter months, but a recent study says that not adequately heating a home can have an unforeseen effect: lower mobility and a higher risk of falls.

Researchers report in the May 2014 issue of *Age and Aging* that cold environments have a disabling effect on some women by decreasing their physical performance. In the study, women ages 70 and older were asked to sit in a warm room (77° F) and a cold room (59° F) over the course of a week. After 45 minutes, researchers tested the participants’ leg-muscle power (a measure of balance and risk of falls) as well as sit-to-stand speed, muscle strength, walking performance, grip strength and skin temperature. The researchers found that women experienced a temporary, but significant, loss of mobility after sitting in the colder environment. Decreases in physical performance ranged from 2 to 10 percent with only grip strength unaffected by the cold.

While putting on warmer clothing may seem like a commonsense solution, the researchers noted that some older people are unlikely to perceive when they’re becoming colder. And while the performance decrease was small, it occurred after just 45 minutes. It’s unknown how longer exposures to cold temperatures might further erode muscle power and function, especially in the frail.

If turning down the thermostat is a means to lower costs, try other cost-cutting ideas first, such as:

- Turn down your water heater’s temperature. Many water heaters are factory set to 140° F; lower yours to 120° F. A tank insulator sleeve can also help.
- Upgrade or insulate your windows. Use removable plastic sheeting over the interior of windows to improve energy efficiency.
- Reverse ceiling fans to help circulate warm air downward.
- Close heating vents and doors in unused rooms.
- Replace often-used incandescent light bulbs with compact fluorescent light bulbs. They use 75% less energy, saving \$40 over their lifetime.

source: *John Hopkins Medicine Health After 50*, February 2015, Volume 26, Issue 14



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Sudoku Answers

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

May your holidays be merry and bright!

From all of us at the Broome County Office for Aging



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: Ping Pong 1-3 pm

W: Bingo 9 am, Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm

Th: Social Connections 1-2:30 pm; USA Ballroom Dance Lessons 7-10 pm

F: Bingo 9 am, Craft Class 9:30 am, Ping Pong 1-3 pm

Special Activities

Tues/Thurs BCC Owls Class: English 220, 9:30-10:45 am
(Last class 12/17)

12/1 Volunteer Recognition Dinner, 5-7 pm

12/2,3,4 Burger Bar

12/8 Downsize/Declutter Support, 3-4:30 pm
Evening Meal (*rotisserie chx/éclair*) w/Bob Sea Live, 5-7 pm

12/9 Holiday Luncheon w/Ted Davenport (Harpist), 11 am-1 pm

12/14 Special Breakfast: *peachy pancakes*, 10:30 am-12:30 pm

12/17 Philly Cheese Steak Day w/Charlie Carr's Guitar Group,
11 am-12:30 pm

12/22 Evening Dining (*roast turkey/homemade dessert*), 5-7 pm

12/28 Special Breakfast: *Belgian waffles w/cherries*, 10:30 am-12:30 pm

12/31 New Year's Eve Party w/Ralph Muro, 11 am-1 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: 12/1 Nickel; 12/8 Bag; 12/22 Quarter; 12/29 Nutrition

12/1 Blood Pressures w/Sandy, 11:30 am

12/7 (*Mon.*) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

12/10 Breakfast for Lunch (*eggs & French toast*), 10:15-11:45 am

12/15 Holiday Luncheon w/Four of Hearts Quartet
Southern Tier Food Bank, 11:30 am

12/17 Volunteer of the Month Crowned, 12:50 pm

12/31 New Year's Eve Luncheon & Birthday Celebrations

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

12/1 Holiday Breakfast, 8-9:30 am

12/2,4 Burger Bar

12/4,11,&18 Are You Smarter Than A Fifth Grader? (Holiday Theme),
11 am

12/9 Gift Exchange, 11 am

Holiday Luncheon w/Doc Weismore (Country), 12 pm

12/10 Early Evening Dining (*rotisserie chx/éclair*) w/Orange Blossom
Special: "Old Fashioned Christmas," 3:30 pm

12/16 Help a Child Shop for the Holiday, 9:30 am

12/21 Holiday Chinese Auction, 12:30 pm

12/23 Cookie Exchange, 12:30 pm

12/28 "Horse Racing" w/Bonnie Hill, 10 am

12/31 New Year's Luncheon w/Don & John (Bluegrass Gospel),
12:30-1:30 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 12:45; 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:

12/1 Sleep & Balance: Aging with Vitality Workshop, 12:30 pm

12/2 Medicare, Medicaid & Other Gov't Benefits
(Levene Gouldin & Thompson), 12:30 pm
Social Club, 1 pm

12/5 (*Sat.*) Rummage Sale, 9 am

12/8 STAR Info & Renewals (Diana Shores), 12:15 pm
Brain Longevity & Memory Power: Aging with Vitality Workshop,
12:30 pm

12/9 Legal Aid (by appointment), 9 am

Blood Pressure, 10 am

Holiday Luncheon w/Animal Adventure, 12:15 pm

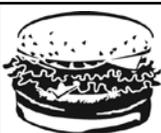
12/14 Breakfast Special: *oatmeal scotchie pancakes*, 10:30 am

Scarlet Bonnets, 1 pm

12/17 Philly Cheese Steak Day, 11:45 am

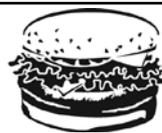
First Ward Chorus Concert, 1 pm

12/31 New Year's Eve Luncheon, 11:45 am



Build Your Own Burger

December 2, 3, 4 - Starting around 11:15 am



Stop at 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, tomato, onion, or choose from a variety of cheeses and hot toppings like bacon and mushrooms. The combinations are endless.

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

All that for just \$3.25 if you are age 60+ and only \$4.25 for those who are not yet age 60. Participating centers are Broome West, Johnson City (2 & 3), Eastern Broome (2 & 4), Northern Broome (2 & 4) and Vestal (2 & 4).



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 (1st/2nd), Knit/Crochet, Poetry, 12:30 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; Bingo 5:30 pm**Th:** Oil Painting, Guitar both at 9 am; Shuffleboard (competitive) 12:30 pm;

Mahjong 1 pm; Meditation 3 pm

F: Watercolor Painting 9 am; Ladies Singing 10 am**Special Activities:**

12/2,3 Burger Bar, 11:30 am-12:30 pm

12/2 NY Life Insurance Information, 2:30 pm & 6 pm

12/3 After Holiday Parade Party, 8 pm

12/7 Line Dancers Holiday Show, 11 am

12/9 Holiday Luncheon w/Russ Lockwood, 11:45 am

12/15 Red Hat Society Meeting & Party, 6:30 pm

12/22 Handicapped Children's Association Holiday Party, 12:45-3 pm

12/23 Orange Blossom Special: Holiday Music Sing Along, 11 am

12/31 New Year's Eve Luncheon w/Orange Blossom Special, 11:30 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; Bingo 10:30 am; Pinochle 12:30 pm**T:** Computer Class 8:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm**W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am; Bridge Card Group 12 pm; Crafts w/Denise, 12:30 pm**F:** Bingo, 10:30 am**Special Activities:**

12/1 Golden Agers Christmas Luncheon, 1 pm

12/2 & 4 Burger Bar

12/4 Christmas Card Social, 12:30-2:30 pm

12/7 Evening Meal (*rotisserie chx/éclair*) w/Rich Wilson, 4:30 pm

12/9 Holiday Luncheon w/Orange Blossom Special, 11 am

12/14 Christmas Gift Bingo, 10:30 am

12/16 Zentangle Club, 1-3 pm

12/18 Secret Santa Party, 12:15 pm

12/22 Evening Meal (*roast turkey/homemade dessert*) & Bingo, 4:30 pm

12/31 New Year's Party, 11 am

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm**Lunch served at Noon****Weekly Activities:****M:** Bingo 10-11 am**Tu:** Fitness 10:30 - 11:00 am**Fr:** Bagel Breakfast 8-11 am, Wii Bowling 9:45-11:30 am**Special Activities:**

12/1,2 Holiday Decorations & Popcorn Stringing, 10:30 am

12/3 Breakfast for Lunch (*French toast w/cherry topping*), 11 am-12:30 pm

12/9 Secret Santa Gift Exchange & Music by Children of the YMCA, 10:30 am

Holiday Luncheon, 12 pm

12/10 Philly Cheesesteak Day, 11 am-12:30 pm

Blood Pressure/Glucose Screening w/Joyce (Medicine Shoppe), 11 am-12 pm

12/16 Create Holiday Cards, 10:30 am

12/17 Pajama Day & Cookie Baking, 10:30 am

12/18 Volunteer Appreciation Day, 1:30 pm

12/23 Cookie Exchange w/Music & Hot Cocoa, 10:30 am

12/24 Senior Moments Memory Game, 10:30 am

12/30 Trivia: Remembering Year 2015, 10:30 am

12/31 New Year's Eve Party & Spelling Bee, 10:30 am

OAK STREET..... 724-1220

58 Oak Street, Binghamton, NY 13905 (located in St. Patrick's All Purpose Room)

Center Hours: Mon, Tues, Wed., Fri, 9:00 am - 1:30 pm**Lunch served at Noon****Weekly Activities:** Exercise classes listed on page 4**M:** Busy hands Group 10 am**M/W/F:** Scat and Pinochle, Walking**W/F:** Bingo 11 am, Walking**Special Activities:**

12/4 Costume Jewelry Sale, 9 am-1 pm

Soup & Sandwich Day, 11 am

12/8 Pizza for Lunch, 11 am

Blood Pressure/Glucose Reading w/Joyce (Medicine Shoppe), 11 am

12/9 Holiday Luncheon, noon

12/11 Ice Cream Sundae, after lunch

12/15 Book Review w/Cheryl Ebert: *Black Like Me* by John Howard Griffin, 11 am

12/22 Christmas Party, 11 am

12/23-1/3/2016 Center Closed

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; Wii Bowling 9:30 am**T:** Pinochle 9:30 am**W:** Walking Group 8 am; Crochet/Knitting 9:30 am; Computer Instruction 10 am; Oil Painting 1-3 pm**Th:** Wii Bowling 9:30 am; Bingo (1st & 3rd) 10:15 am; Ice Cream Cones 12:30 pm**F:** Walking Group 8 am; Mahjong 9:30 am**Special Activities:**

12/1 Kolache Making (volunteers welcome), 8 am

12/2 Blood Pressure Screening w/Kay Devine, 10:30 am

12/2,4 Burger Bar, 11:30 am-12:30 pm

12/3,17 Bingo w/Brad Cole, 10:30 am

12/3,10,17 Bridge Group, 1-3 pm

12/8 What's Happening at the Vestal Museum w/Ramona, 11:30 am

12/9 Holiday Luncheon w/Four of Hearts Quartet, 12:30-1:30 pm

12/10 Vestal Senior Club Holiday Party w/Ted Davenport, 4-7 pm

12/14 Breakfast for Lunch (*sausage/egg/cheese casserole*), 11:30 am-12:30 pm

12/15 Bake Sale, 10 am-1 pm

Vestal Senior Club Meeting, 12:45 pm

12/16 Craft Day: Christmas Tree Jewelry, 10:30 am

12/18 Pizza for Lunch OR Chef Salad (*please reserve*), 11:45 am

12/31 New Year's Eve Luncheon, 11:45 am



MEET, GREET & EAT

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	
December Menu	Kielbasa 12/1 OR Tomato Onion Omelet O'Brien Potatoes Tossed Salad Rice Pudding w/Raisins	Roast Pork w/Gravy 2 Mashed Potatoes w/ Gravy Whole Kernel Corn Chocolate Chip Cookie	Vegetable Lasagna 3 Cauliflower w/Parsley Tossed Salad Cinnamon Applesauce	Beer Battered Fish 4 OR Chinese Pepper Steak Brown Rice Pilaf Winter Squash Low Fat Muffin	
	Meatball Parm. Sub 7 Minestrone Soup Italian Mix Vegetables Banana	Sliced Ham w/Raisin Sc. 8 Scalloped Potatoes Red Cabbage Supreme Pineapple Spice Cookie	Holiday Meal Chicken Cordon Bleu 9 OR Fish Florentine Brown Rice Pilaf Monte Carlo Blend Veg. Cheesecake w/Strawberries	Beef Stroganoff 10 Over Noodles Broccoli Tossed Salad Bread Pudding w/Raisins	Broccoli Cheese Pollack 11 OR Spiedie Marinated Chicken Breast Baked Potato Peas & Carrots Fruit Cocktail
	Chicken ala King 14 Over Biscuit Carrot Coins Grape Juice Cinnamon Applesauce	Meatloaf w/Gravy 15 Macaroni & Cheese French Cut Green Beans Peach Crisp	Roast Turkey w/Gravy 16 Apple Bread Dressing Broccoli Pumpkin Cookie	Sweet & Sour Pork 17 Over Brown Rice Oriental Blend Vegetables Tossed Salad Lemon Fruited Gelatin	Potato Crusted Pollack 18 OR Home Style Salisbury Steak Mashed Potatoes Spinach w/Lemon Butter Pineapple Tidbits
	Beef Stew over a 21 Biscuit Whole Kernel Corn Warm Cinn. Apple Slices Spice Cookie	Liver w/Onions 22 OR Chicken w/Marengo Mashed Potatoes w/Gravy Cut Green Beans Tapioca Pudding w/Mandarin Oranges	Roast Pork w/Gravy 23 Baked Potato Spinach Peaches	Chicken w/Cranberry 24 OR Broiled Fish w/Lemon Brown Rice Pilaf Winter Squash Apple Crisp	Centers Closed 25
	Macaroni & Cheese 28 Stewed Tomatoes Brussel Sprouts Oatmeal Cookie	Pub Burger 29 OR Tuna Salad Sandwich Cream of Broccoli Soup Tropical Fruit Ice Cream Cup	Halupki 30 OR Chicken w/Orange Sc. Mashed Potatoes Tossed Salad Pears	New Year's Eve Party! Roast Beef w/Gravy 31 OR Lemon Pepper Pollack Baby Red Potatoes Monte Carlo Blend Veg. Chocolate Pudding	Centers Closed 1/1

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 9

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

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