



Visit Our Website at www.gobroomecounty.com/senior

Independence Day? Our First Cars

Philip Traum

Youths dream of their first cars. They foresee privacy, prestige, popularity, an unfamiliar thoughtfulness (“Mom, can I go to the store for you?”), but above all they see autonomy. Freedom to do as they please - Independence Day.



Ron Lee of Chenango Forks well remembers his first car, a scrimped-for 1956 Mercury Monterey, turquoise-and-white, four-door hardtop (no center-post), a massive automobile that stretched the length of several VW buses, and whose huge chrome-breasted front and rear bumpers alone outweighed today’s Civics.

Of course for style’s sake Ron had immediately tricked out his Merc—he replaced the hubcaps with baby moons, raised the front end (reverse rake), and added heart-throbbing dual glasspack exhausts. Back and forth to high school that Spring, all windows down, AM rock booming (front and rear speakers), Ron knew friendship, joy, and freedom.

He told me that he especially liked to impress everyone by rolling up to the stop sign across the street from school, popping the gearshift into NEUTRAL, and pumping the gas-pedal hard to make the glasspacks roar. But one day, smiling to a crowd of girls, he sent the gearshift all the way into REVERSE, grinding the car to a quick halt and destroying his transmission and for a while his prideful independence.

His tale reminded me of a similar incident with my own first car, also a four-door Mercury Monterey, mine a whalish navy-blue 1950 family sedan, which, from a very great distance, looked a lot like James Dean’s lowered and louvered ’49 Merc in *Rebel Without a Cause*. Strangely enough, even in our independence, many of us very much wanted to be James Dean, one arm on the wheel, the other round Natalie’s shoulder.

I, too, had of course tricked out my Merc—chrome tips for the duals, removal of the hubcaps, and the painstaking installation of a Pep Boys rear speaker. And with my first car I, too, vainly sought to impress a pretty girl.

Sitting in the school’s parking lot at day’s end, idling away, I had just revved up the engine when I saw her, walking my way, waving and smiling, I believed, at me. I still believe it was at me. Heart racing, I desperately tried to appear as cool and as free as Jim Stark (the James Dean character). I merely glanced her way, nodded, and stepped on it.

Continued on page 2

Celebrating Independence in the Home!

by Alicia Detrick

As we celebrate Independence Day with our family and friends, it is also a good time to think about how to remain independent in our homes and communities since many seniors prefer to stay in their homes for as long as they can. Whether you are the one interested in staying in your home or caring for someone else who wants to stay home, there are supports and services in the community that can help make this possible.

At the Broome County Office for Aging, we have many services and programs that can assist you with staying independent in your home (safely and comfortably) for as long as possible. Our Senior Resource Line staff can give you information on services and programs offered through the OFA and other community agencies to help you stay in your home.

Call our office at 607-778-2411 and learn how we can help you with, for example:

- getting transportation to a doctor’s appointment or to visit friends at a senior center,
- learning what in-home services are available and how we can help with personal care or household chores, and
- getting information about other programs we offer to assist you such as shopping and home delivered meals.

Staying independent in the home (aging in place) is a goal of many of our seniors and we at the Office for Aging are here to support that decision!

Center Holiday Closing

All Broome County Senior Centers will be closed on Friday, July 3 in Observance of Independence Day.

Southern Tier Independence Center A Resource for Independence!

The Southern Tier Independence Center (STIC) has a TRAIID (Technology Related Assistance for Individuals with Disabilities) Center that demonstrates how technology--from simple homemade gadgets to computer systems--can make people more independent. We have items on display for people to try, we offer demonstrations of equipment, and can tell people how to get what they need. STIC also offers short-term loan of equipment and assistive technology including: wheelchairs, TTYs, walkers, tub seats, commodes, portable ramps, and much more. Some items may be given away if we have an excess. For more information, call 607-724-2111 or 1-877-722-9150 (toll-free). STIC is located at 135 East Frederick St., Bing., NY 13904.



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First Cars

continued from page 1

To my shock and shame, the car suddenly rose up, crashed down and died. I had driven it fully up onto a forgotten concrete parking berm. Oil spilled from my crushed pan, a torn hose steamed and hissed.

The girl laughed and walked on, while I, my ego and freedom for the moment wrecked, wondered what Jim Stark would do now.

A Poem for Summer by Emily Dickinson



Hummingbird

I taste a liquor never brewed
 From tankards scooped in pearl,
 Not all the vats upon the Rhine
 Yield such an alcohol -
 Inebriate of air am I
 And debauchee of dew,
 Reeling through endless summer days
 From inns of molten blue -
 When landlords turn the drunken bee
 Out of the foxglove's door,
 When butterflies renounce their drams
 I shall but drink the more -
 Till seraphs swing their snowy hats
 And saints to windows run,
 To see the little tippler
 Leaning against the sun!

Stay Independent - Office for Aging's "Shopper Service"

Our **Shopper Service** can provide non-emergency, on-going help to you with weekly grocery shopping and limited errands (i.e. bank, post office, pharmacy). Shopper Service helps you if you are physically unable to shop and maintain your independence at home.

Staff or volunteers provide these services:

- The shopper arrives at your home, reviews your grocery order form, and collects your money, check or food stamps.
- When the shopping is completed, groceries, change and a receipt are returned to you.
- The shopper will also assist you with putting you groceries away, if needed.

To be eligible for **Shopper Service**, you must be:

1. Age 60 and older;
2. Physically unable to shop as ordered by a physician, or as determined through an assessment by our staff;
3. Without family or friends who are able and willing to help you with shopping on a regular basis;
4. Able to meet financial eligibility guidelines.

For information, contact the Senior Resource Line at 607-778-2411. **Shopper Service** is provided by volunteers through a contract with the Southern Tier Chapter of the American Red Cross.

Farmers Market Coupons Distributed in July at Senior centers



Farmers Market Coupons are \$20 coupon booklets that can assist individuals who meet age and income guidelines in buying produce from local farmers markets. Eligibility requirements and distribution sites are listed below.

You **MUST** meet the following guidelines to be eligible:

- 1) Be age 60 or older
- AND**
- 2) Have a BC Office for Aging ID Card **with you OR** fill out an ID application and provide proof of age
 - 3) Only ONE \$20 booklet PER HOUSEHOLD
 - 4) Currently receiving or eligible to receive SSI, public assistance, or Section 8 housing subsidy

Or meet the following income guidelines:

- One-person household – at or below \$1,815/month
- Two-person household – at or below \$2,456/month
- Three-person household – at or below \$3,098/month

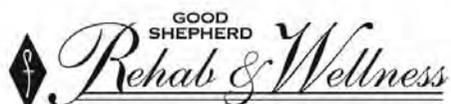
Date & Locations for Pick Up IF You Are Eligible

- 7/7 Broome West (9:30 – 10:30 am)
- 7/8 Eastern Broome (12:30 – 1:30 pm)
- 7/9 Johnson City (10:00 – 11:00 am)
- 7/10 Oak Street (10:00 – 11:00 am)
- 7/14 Northern Broome (10:00 – 11:00 am)
- 7/16 First Ward (10:00 – 11:00 am)

Senior Center coupons are available on a first come first served basis due to limited supplies.
New this year! A mini farmers market at the centers! You will have the opportunity to redeem your coupons for fruits and vegetables at the market at the centers.
Questions? Call the Office for Aging at 778-2411.
For center addresses, refer to page 10 & 11.



Over 50? Rehab here.
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Red, Itchy Rash?

You've probably had a rash at some point or another, whether from poison ivy, chicken pox, or something more unusual. Why does your skin break out in red blotches like that? More important, is there anything you can do about it? Dr. Stephen I. Katz, director of NIH's National Institute of Arthritis and Musculoskeletal and Skin Diseases, says, "If you have any significant rash, you should see a dermatologist." A dermatologist, or skin doctor, is specially trained to figure out what's causing a rash and help you get the right treatment. Your skin is your protection. It's not just the covering that keeps your body in; it's also your first line of defense against germs and chemicals. Take care of your skin so your skin can take care of you.

source: newsinhealth.nih.gov

"Before 70 we are merely respected at best, and we have to behave all the time. But after 70, we are respected, esteemed, admired, revered, and don't have to behave unless we want to."

Mark Twain

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SUNY Broome OWLS & NIF Program for Fall 2015

SUNY Broome is pleased to announce that it will run two courses at the Broome West Senior Center, Endwell, this Fall. The courses will be taught by our “Veteran OWLS” (Older Wiser Learners) professor, the ever popular, Michael Gee. Michael will teach the following courses:

- ENG 220-22 Communicating About Values
 Tuesday and Thursday 9:30 - 10:45 am
- LIT 263W0 Children’s Literature
 Tuesday and Thursday 12:00 - 1:15 pm

All courses are open and free for any senior (60 or older) who wishes to audit them. Registration forms will be available at Broome West and should be completed at your earliest convenience.

SUNY Broome will also resume running National Issue Forum (NIF) deliberations at various senior centers this coming fall (late September through early November). The forums will be single two hour sessions and some of the possible topics include the following:

- Health Care: How can we reduce costs and still get the care we need?
- Over the Edge: What should we do when alcohol and drug use become a problem in our society?
- Historic Decisions: What kind of a government should we have (a deliberation on the type of government the Founding Fathers wrestled with at the Constitutional Convention)?
- Medicare and Medicaid: How can we afford them?
- Social Security: How can we afford it?

A more complete schedule of days/times/locations will be forthcoming in the August and September Senior News.

Doug Garnar, who created the OWLS program, has just retired from full time teaching after 44 years at SUNY Broome, but he will continue to work with the OWLS program and run NIF deliberations. Any questions about the OWLS program should be directed to Doug Garnar at 778-5094 or email garnardc@sunybroome.edu

Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome		Oak Street – 1st Friday only
		Vestal		Vestal (Chef Salads)

Walk-ins
Welcome
 11am-12:30pm



Enjoy a bowl of homemade soup, a deli sandwich, beverage and dessert for just a \$3.25 contribution (ages 60+) and \$4.25 for all others.

Healthy Aging - 2015 White House Conference on Aging

Older Americans are calling for a shift in the way we think and talk about aging. Rather than focusing on the limitations of aging, older adults across the nation want to focus instead on the opportunities of aging. Older adults are seeking ways to maximize their physical, mental, and social well-being to remain independent and active as they age.

Healthy aging means living a long, productive, meaningful life and enjoying a high quality of life. Research has shown that older adults who adopt healthy behaviors, use preventive health services, and are involved with their family, friends, and communities, are healthier and more independent.

Americans are living longer and better than ever before thanks to major medical and public health advances and greater access to health care. Life expectancy at birth in the United States has reached a record high of 78.8 years. A 65 year-old man can expect to live another 17 years and a 65 year-old woman another 20 years. With increased longevity, older Americans have more time to engage in the workforce, in civic and volunteer activities, and in enriching their communities.

Older adults contribute to society through a variety of mechanisms, including paid work, volunteering, or providing unpaid care to family members. Eight out of ten adults age 65 to 74, and almost six in ten ages 75 and older, engage in at least one of these activities. One study estimated that the contributions of older adults through volunteering and unpaid family caregiving alone are worth more than \$160 billion per year to our nation. Older Americans’ knowledge, experience, wisdom, and caring improve prospects for future generations.

source: *Healthy Aging Policy Brief, White House Conference on Aging Staff, April 2015*

Happy 50th Birthday Medicare & Medicaid!

On July 30, 1965, at a public ceremony in Independence, MO., President Lyndon Baines Johnson signed Medicare into law. Moments later, the 36th president of the United States presented America’s 33rd president, Harry S. Truman — then 81 years old — the nation’s first Medicare card. LBJ praised President Truman as the “real daddy of Medicare” because Truman was the first to call for a national health insurance program in 1945.

Medicare provides health insurance to Americans age 65 and older and to younger people with certain disabilities or health conditions. At its creation, Medicare consisted of two parts: Medicare Part A hospital insurance coverage, which is financed by payroll deductions and charges no premiums to those who have contributed; and Medicare Part B, an optional medical insurance program for which enrollees pay a monthly premium.

Medicare’s first beneficiaries paid a \$40 annual deductible for Part A. The monthly premium for Part B — in which Truman did enroll — was \$3. Today those Medicare costs are \$1,184 for the annual Part A deductible and a premium of roughly \$105 a month for Part B, plus a \$147 annual deductible.

Prior to Medicare, those over 65 without access to an employer’s health plan or a private insurance plan were on their own, or dependent upon their families, when they required medical care. Efforts to create such a health safety net program were years in the making.

source: www.aarp.org



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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.

Monday	9:30 am	First Ward Senior Center (Binghamton)
Monday	1:00 pm	Eastern Broome Senior Center (Harpurville)
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	9:30 am	First Ward Senior Center (Binghamton)
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.

Monday	10:00 am	First Ward Senior Center (Binghamton)
Monday	10:00 am	Broome West Senior Center (Endwell)
Tuesday	9:45 am	Oak Street Senior Center (Binghamton)
Tuesday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Wednesday	10:00 am	Broome West Senior Center (Endwell)
Thursday	10:15 am	Northern Broome Senior Center (Whitney Pt)
Friday	9:45 am	Oak Street Senior Center (Binghamton)
Friday,	10:00 am	First Ward Senior Center (Binghamton)

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. There is a \$5 charge for this class.

Tuesday	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 (Harpurville)
Tuesday	10:30 - 11:00 am	North Shore Towers Senior Center
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.

• Broome West Senior Center in Endwell	Thursdays, July 16 – August 27	10:00 am – Noon
• Eastern Broome Senior Center in Harpurville	Mondays, September 14 – October 26	9:30 – 11:30 am
• Nimmonsburg Methodist Church in Binghamton	Tuesdays, September 15 – October 27	10:00 am – Noon
• Vestal Senior Center in Vestal	Tuesdays, June 16 th – July 28 th	12:30 – 2:30 pm

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

**Complete addresses and phone numbers for all Senior Centers are located on pages 10 & 11*

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

EVENTS at the CENTERS

Game Day

Wed., July 1,8,15 & 29, 10:30 am
Oak Street Senior Center
724-1220

Join us for some friendly competition! Winners will get there pick of prizes.

While you're here, why not stay for lunch? Call by noon on Tuesday to reserve a meal.

Evening Meals

Tues. July 14 & 28, 5-7 pm
Broome West Senior Center
785-1777

Evening entertainment on Tues., 7/14 is DJ Johnny Only; on Tues., 7/28 it's Ryan Wilson (Rich's son). Call by noon the day before to reserve your meal.

Tips for Staying Cool in Summer

Wed. July 15, 10:30 am
North Shore Towers Sr Center
772-6214

Learn summer health tips and how to make a refreshing beverage so you'll stay cool in summer.

Evening Dining w/ "New Appalachia"

Thurs. July 16, 4 pm
Eastern Broome Senior Center
693-2069

Enjoy fellowship, evening dining (chicken cordon bleu/banana cream pie) and entertainment by New Appalachia (bluegrass/gospel). Please reserve by noon, Wed., 7/15.

Need a Room for a Special Occasion? Johnson City Senior Center

797-3145
Rent our facility or smaller rooms for your event.
Call for hourly rates.

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 Senior Center

July 14
Cornell Plantations

First Ward Senior Center

(Please call 203-1179 for more information.)

July 7
Culinary Institute of America

July 19 & 20
Lancaster: American Music
Theater: Jimmy Sturr & Bobby
Vinton

Johnson City Senior Center

July 12
Finger Lakes Wine Festival,
Watkins Glen

July 24
Delaware and Ulster Railroad,
Arkville: Dinner Trip

August 6 & 7
Whale Watch, Massachusetts

Join In On "Food & Fitness" Classes

Do you think of carbohydrates or "carbs" as something to be avoided? Most of us have heard many negative statements about the so-called forbidden carbohydrates. There is no doubt that carbohydrates can definitely put some added pounds on us, however, consuming carbohydrates prior to, and after a workout can be very beneficial for our muscles. Now this doesn't mean ordering a deluxe pizza from Nirchi's before going for a brisk walk. Instead, try and choose whole grain pasta, a sandwich on whole wheat bread or a small bowl of fruit to provide your muscles with energy..."good carbs!"

If you are interested in learning more about carbohydrates, protein and physical activity come join us at our "Food & Fitness" class and cooking demonstration throughout the month at the senior centers listed below. This class will focus on how to properly fuel your body with food before and after exercising. We will have a group discussion, a fun activity, and an easy recipe for all to try! For more information regarding this class please contact the Office for Aging at 778-2411.

Upcoming Classes:

July 9th	Johnson City Sr. Center	11:00 am
July 15th	Vestal Sr. Center	12:15 pm
July 23rd	Deposit Sr. Center	11:00 am
July 28th	Oak Street Sr. Center	10:45 am

Computer Corner

Social Networks - Let's Talk about Facebook - Part 2

How do I sign up for Facebook?

Go to www.facebook.com. When the signup form appears, fill out your name, email address or phone number, password, birthday and gender. If you don't see the form, click "Sign Up," then fill out the form. Click "Sign Up." Once you sign up, you'll need to confirm your email address or phone number. Facebook will send you either an email or a text message to help you confirm your account.

How do I complete the signup process and confirm my email address or phone number?

To complete the signup process, Facebook needs to confirm that you own the email address or phone number you used to set up the account. Depending on which you used, you can;

- ◆ Confirm your phone number by entering the code you receive via text message (SMS) in the **Confirm** box that appears when you log in to Facebook.
- ◆ Confirm your email address by opening the link in the email Facebook sent you when you signed up.

Confirming your email address or phone number helps Facebook know they are sending your account information to the right place. If you didn't sign up for a Facebook account and received a confirmation email in error, you can deactivate the account in question by clicking the link at the bottom of the email.

What will happen to my account if I don't confirm my email address or phone number?

You can use your account without confirming your email address or phone number for one day. After one day, you won't be able to use your account until you complete the confirmation step.

I accidentally signed up using the wrong email address. How can I fix this?

To correct your email address:

1. Log in and click **Change Email Address** at the top of your screen.
2. Enter your correct email address and click **Change Email**.
3. Facebook will send a confirmation email to your new email address. Click the confirmation link in that email to confirm your account.

Note: When you confirm the new email address, Facebook replaces the incorrect address you originally signed up with on your account.

source: www.facebook.com

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Health Screening for Blood Cholesterol

Who should get checked for high blood cholesterol?

Have your blood cholesterol checked regularly with a blood test if you:

- use tobacco,
- are overweight or obese,
- have a personal history of heart disease or blocked arteries,
- have a male relative in your family who had a heart attack before age 50 or a female relative before age 60,
- have diabetes,
- have high blood pressure.

High blood cholesterol increases your chance of heart disease, stroke, and poor circulation.

source: nihseniorhealth.gov



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Keep Summer Fun - Plan for Healthy Travel

- ☺ Schedule enough sleep before and during travel. Adults typically need 7-8 hours of sleep each night. School-age children and teens need at least 9 hours. Younger children need 10-12 hours and newborns 16-18 hours of sleep a day.
- ☺ Drive while rested. You may be too tired to drive safely if you have trouble keeping your eyes focused, yawn repeatedly or can't remember parts of the drive.
- ☺ Help your body adjust to a new time zone. Get lots of sunlight and exercise, eat meals at local times, drink plenty of water and avoid alcohol and caffeine.
- ☺ Make a plan for healthy choices and set limits. Consider how to make decisions on the road that maintain aspects of your home life and routine.
- ☺ Learn about your destination. Research local living conditions, laws and customs, health risks and how to minimize them, and what vaccinations you'll need.
- ☺ Consider food options. Look for restaurants with freshly cooked, hot foods and clean utensils. Avoid risky foods, like raw or undercooked meat and seafood, unpeeled or raw fruits and vegetables, and drinks with ice.
- ☺ Pack your medicines. Make sure to pack enough medicine, sunscreen and any other health products you might need. If you have specific health problems, ask your doctor about how to prepare for your trip. You might also consider seeing a doctor who specializes in travel medicine.

source: newsinhealth.nih.gov

Need a Lift?

The Office for Aging Mini-bus and BC Lift are two reservation-based services on the same bus. Riders can make reservations one week in advance and up to the day before the ride at **763-8747** between **8:00 AM and 4:00 PM, Monday – Friday (Mini-bus)** and **8:00 AM and 4:00 PM daily (BC Lift)**.

OFA Mini-bus: Serves those age 60 and older. Riders must have an Office for Aging ID card to ride at the \$1.50 voluntary contribution rate. Your reservation may include 1 - 2 guests. Guests under age 60 are charged \$2.50 for each ride. Guests age 60 and over pay the \$1.50 suggested contribution with proper ID (OFA ID card preferred). For information on the Office for Aging ID card, and to download an ID card application, visit www.gobroomecounty.com/senior/idcard. You may also call the Office for Aging at 778-2411 and ask for an application to be sent to you.

BC Lift: Riders can be of any age, but they must have an ADA (Americans with Disability Act) card. More information on hours of service, making reservations, and obtaining an ADA card can be found on the RideBCTransit.com site. There is a \$2.50 charge for each ride.

The Office for Aging Mini-bus/BC Lift serves the following areas: Binghamton, Endicott, Endwell, and Johnson City, portions of Chenango Bridge, Conklin, Kirkwood, and Vestal



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A Movie Review Website

Gina Yuhas

Have you ever wondered whether or not a movie is age appropriate to watch around your grandchildren or other young visitors? If so, you may want to visit "Kids on Demand Media" at www.commonsemmedia.org. This website provides reviews for movies and other media as well. Simply click on the movie title you are interested in and you will see a detailed review describing what you need to know about the movie. There are seven categories used to rate the media ranging from positive messages to drug usage. This is a great site for anyone to use to determine whether a movie is age appropriate for younger viewers or not.

A Familiar Toy from the Past - The Hula Hoop

Although children and adults have played with hoops throughout history, in 1957, Richard Knerr and Arthur "Spud" Melin, (using the idea of Australian bamboo "exercise hoops"), manufactured 42 inch hoops with Marlex plastic. With giveaways, national marketing and retailing, a fad was started in July, 1958. Twenty-five million plastic hoops were sold in less than four months, and in two years, sales reached more than 100 million units. Carlon Products Corporation was one of the first manufacturers of the hula hoop. During the 1950s when the hula hoop craze swept the country, Carlon was producing more than 50,000 hula hoops per day. The hoop was inducted into the National Toy Hall of Fame at The Strong in Rochester, New York, in 1999.

The Star Spangled Banner - 201 Years Old!!



*O say can you see by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming,
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there;
O say does that star-spangled banner yet wave,
O'er the land of the free and the home of the brave.*

The lyrics of "The Star-Spangled Banner", so familiar to us all, originated with the poem, "Defence of Fort M'Henry". It was written in 1814 by 35-year-old lawyer and amateur poet, Francis Scott Key, after he witnessed the bombardment of Fort McHenry by British ships in Baltimore Harbor during the Battle of Fort McHenry in the War of 1812. Although the poem has four stanzas, only the first is commonly sung today.

"The Star-Spangled Banner" was recognized for official use by the U.S. Navy in 1889, and by President Woodrow Wilson in 1916. It was made the national anthem by a congressional resolution on March 3, 1931, which was signed by President Herbert Hoover.

source: Wikipedia.com

The Broome County Home Repair Service

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We're Still Looking for Your Help!!

The mission of the Broome County Office for Aging (OFA) is to improve and enrich the quality of life for all older persons in Broome County. To fulfill this mission, meaningful programs and services are carefully designed and offered to meet the needs of older adults. Every four years OFA develops a plan to provide an overview of the most pressing issues Broome County seniors face as well as to define specific goals and objectives.

OFA is currently developing the 2016-2020 plan and we need to hear from you! Please share your thoughts and feelings about what programs and services are important to you. Your participation can help OFA make our community an even better place to live, work and play! To fill out a quick survey please visit our website at www.gobroomecounty.com/senior. You may also pick up a paper version of the survey at your local senior center. To find a senior center near you, please visit our website, see the listings in the *Senior News* or call OFA at 607-778-2411. You can also share your thoughts by sending an email to ofa@co.broome.ny.us.

If you are interested in sharing your ideas with us, but are unable to access our online or paper survey, you can mail your comments to Broome County Office for Aging, PO Box 1766, Binghamton, NY 13902. You can also reach us by phone at 607-778-2411 (ask to speak to Lucia Esposito).



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Looking for Assistive Technology?

Check out the website www.getATstuff.com Assistive Technology Exchange for New England and New York.

The goal of this website is to help get assistive technology devices that are no longer being used into the hands of people who need and can benefit from them. You can look for used assistive technology devices for sale or sometimes even free!

source: www.getATstuff.com

Sounds of Summers Past, Part I

"Summertime Blues"

Eddie Cochran (1958): I'm gonna raise a fuss, I'm gonna raise a holler, about a workin' all summer just to try to earn a dollar.

"Summertime, Summertime" The Jamies (1958): Well shut them books and throw 'em away, and say goodbye to dull school days, it's summertime, summertime, sum sum summertime.

"Itsy Bitsy Teenie Weenie Yellow Polkadot Bikini"

Bryan Hyland (1960): She was afraid to come out of the locker, she was as nervous as she could be.

"Wipe Out"

The Surfaris (1962): Ahhhhhhhhhhhhhhhhhhhhhhhhhhhhh...wipe out!

"Surfin' Safari"

The Beach Boys (1962): Let's go surfin' now, everybody's learning how.

"Those Lazy-Hazy-Crazy Days Of Summer"

Nat King Cole (1963): Roll out those lazy, hazy, crazy days of summer, those days of soda and pretzels and beer.

"Surfer Girl"

The Beach Boys (1963): Little surfer, little one, made my heart come all undone.

"Surf City"

Jan & Dean (1963): I bought a '30 Ford wagon and we call it a woody, Surf City, here we come.

"Under The Boardwalk"

The Drifters (1964): Oh when the sun beats down and burns the tar up on the roof, and your shoes get so hot you wish your tired feet were fireproof.

Part II next month!



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Local Farmers' Markets

Binghamton Farmers' Market

Collier Street
(between Court and Hawley Street)
Binghamton, New York 13901
(607) 772-2130
www.binghamtonfarmersmarket.com
Mid June through end of October
9:00am - 2:00 pm
(Tue and Fri, June - September)
9:00am - 2:00 pm
(Fridays only in October)

Endicott Farmers' Market

Washington Avenue
(Parking Lot B)
Endicott, New York 13760
(607) 642-8439
Mid June - late October
9:00am - 1:00pm
Thursday and Saturday

Otisiningo Park Farmers' Market

Otisiningo Park
Bevier Street between Front and Chenango Street
Binghamton, New York 13901
(607) 584-5007
May - October
9:00am - 1:00pm Saturdays

Vestal Farmers' Market

320 Vestal Parkway East
Route 434
(Vestal Library parking lot)
Vestal, New York 13850
(607) 625-4141
Late May - October
9:00am - 1:00pm
Wednesday and Saturday

Whitney Point Farmers' Market

2887 Route 11
Whitney Point Middle School
Whitney Point, New York 13862
(607) 692-7911
9:00am - 1:00pm Wednesday

Windsor Farmers' Market

Village Green, Main Street
Windsor, New York 13865
(607) 655-2507
Mid May - mid-October, Saturdays
9:00am - 12:00pm

Staying Motivated to Stay Active

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence. To make physical activity a routine habit, choose activities and exercises that are fun, motivate you, and keep you interested.

Keep it going. If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Choose activities:

- You enjoy and from which you believe you'll benefit.
- You can fit into your schedule.
- You can do safely and correctly.
- That are affordable.
- That include friends or family.

Keep it positive. Set realistic goals, regularly check your progress, and celebrate your accomplishments. These will help keep you on track. Keep your eye on the prize.

Focus on the benefits of regular exercise and physical activity:

- Greater ease doing daily tasks
- More energy to do the things you enjoy most
- Improved health
- Better outlook on life
- Keep track of your progress.

Quick Tip

You're more likely to keep going if you include activities you enjoy. Try making a contract with a friend to become physically active. It can help you both stick with it!

source: www.nia.nih.gov/Go4Life

Caregiver Corner

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

Events for Caregivers

Senior Scams...

What Caregivers Need to Know

Date: Tuesday, July 14

Time: 1:30-2:30 PM

Place: Broome County

Public Library,
Decker Room

185 Court St, Binghamton

Presenter: Mike Danaher,

Assistant Attorney General

Did you know that people 65+ make up only 13% of the population, but represent 30% of the scam victims? Mike Danaher will review various types of scams that target older adults and what caregivers need to know to protect the ones they care for. He will also explain how scam artists can be stopped before they strike, what an older person's rights are under state law and additional steps that can be taken for further protection.

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

Date: Monday, July 6

Time: 1:00-2:30 PM

Place: Broome West Senior Center

2801 Wayne St, Endwell

Phone: 785-3427

Date: Wednesday, July 15

Time: 9:30-11:00 AM

Additional support and chat groups are available throughout the county. Call Caregiver Services at 778-2411 for more information.



Senior Resource Line
778-2411
Information on Programs & Services
Broome County Office for Aging
www.gobroomecounty.com/senior

New York State... So Many Symbols!

We have a state flag and seal. Our coat of arms contains the motto "Excelsior" (Ever upward).

State Nickname: The Empire State

State Slogan: *I Love New York* (official) although you may still see *The Empire State* (on highway welcome signs)

State Bush: Lilac Bush

State Flower: Rose

State Bird: Eastern Bluebird

State Fish: Brook trout (fresh water), Striped bass (salt water)

State Tree: Sugar Maple

State Mammal: Beaver

State Reptile: Snapping Turtle

State Insect: Nine-Spotted Ladybug

State Butterfly: Red-spotted Purple/White Admiral

State Gemstone: Garnet

State Fossil: Sea scorpion

State Shell: Scallop

State foods: Apple Muffin, Apple

The oldest symbols, the state flag and the coat of arms, were adopted in 1778. The most recent additions to the list, the snapping turtle and lilac bush, were added in 2006.

source: Duckster.com/Wikipedia

Keep Your Kidneys Healthy

Your kidneys aren't very big—each is about the size of your fist—but they do important work. They keep you healthy by maintaining just the right balance of water and other substances inside your body. Unfortunately, if your kidneys start to malfunction, you might not realize it for a long while. Kidney disease usually won't make you feel sick until the problem is serious and irreversible. That's why it's important to catch kidney disease early, so you can try to prevent or delay health problems. You're at increased risk for kidney disease if you have diabetes, high blood pressure, heart disease, or a family history of kidney failure. Talk with your health care provider about whether you should be screened for kidney disease.

source: newsinhealth.nih.gov

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Getting Quality Sleep

- ◆ Go to bed the same time each night and get up the same time each morning.
- ◆ Sleep in a dark, quiet, comfortable environment.
- ◆ Exercise daily (but not right before bedtime).
- ◆ Limit the use of electronics before bed.
- ◆ Relax before bedtime. A warm bath or reading might help.
- ◆ Avoid alcohol and stimulants such as caffeine late in the day.
- ◆ Avoid nicotine.
- ◆ Consult a health care professional if you have ongoing sleep problems.

source: newsinhealth.nih.gov

"We could certainly slow the aging process down if it had to work its way through Congress."

Will Rogers



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What is a Senior Move Manager?

A Senior Move Manager is a professional who specializes in assisting older adults and their families with the emotional and physical aspects of relocation and/or "aging in place".

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- Preparing Your Home to Sell

We are...

- about the whole transition – the emotions, memories & family dynamics.
- about touching & handling the disposition of all of the other stuff you are not taking with you.
- about hanging shelves for mementos because your wall unit will not fit & you desperately want to display your cherished family photos.
- about the TOTAL picture & the TOTAL person.
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Summer Reading: A Touch of Stardust by Kate Alcott

From the *New York Times* bestselling author of *The Dressmaker* comes a blockbuster novel that takes you behind the scenes of the filming of *Gone with the Wind*, while turning the spotlight on the passionate romance between its dashing leading man, Clark Gable, and the blithe, free-spirited actress Carole Lombard.

When Julie Crawford leaves Fort Wayne, Indiana, for Hollywood, she never imagines she'll cross paths with Carole Lombard, the dazzling actress from Julie's provincial Midwestern hometown. The young woman has dreams of becoming a screenwriter, but the only job Julie's able to find is one in the studio publicity office of the notoriously demanding producer David O. Selznick, who is busy burning through directors, writers, and money as he films *Gone with the Wind*.

Although tensions run high on the set, Julie finds she can step onto the back lot, take in the smell of smoky gunpowder and the soft rustle of hoop skirts, and feel the magical world of *Gone with the Wind* come to life. Julie's access to real-life magic comes when Carole Lombard hires her as an assistant and invites her into the glamorous world Carole shares with Clark Gable, who is about to move into movie history as the dashing Rhett Butler.

Carole Lombard, happily profane and uninhibited, makes no secret of her relationship with Gable, which poses something of a problem for the studio because Gable is technically still married—and the last thing the film needs is more negative publicity. Julie is there to fend off the overly curious reporters, hoping to prevent details about the affair from slipping out. But she can barely keep up with her blond employer, let alone control what comes out of Carole's mouth, and—as their friendship grows—Julie soon finds she doesn't want to. Carole, both wise and funny, becomes Julie's model for breaking free of the past.

In the ever-widening scope of this story, Julie is given a front-row seat to not one but two of the greatest love affairs of all time: the undeniable on-screen chemistry between Scarlett and Rhett, and off-screen, the deepening love between Carole and Clark. Yet beneath the shiny façade, things in Hollywood are never quite what they seem, and Julie must learn to balance her career aspirations and her own budding romance with the outsized personalities and overheated drama on set. Vivid, romantic, and filled with Old Hollywood details, *A Touch of Stardust* will entrance, surprise, and delight.

source: *Amazon.com*

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Why We Forget - Surprising Facts About Our Minds

There are many reasons why we forget at any age. Although mix-ups are more common as you get older, says Barry Gordon, MD, PhD, founder of the Memory Clinic at Johns Hopkins Medical Institution and co-author of *Intelligent Memory*.

Remembering is a 3-step process: You acquire new information, consolidate it (a process where the brain stores short-term memories more permanently), and then later recall it.

The first part is simple, but from there it gets trickier. Every day we're bombarded by tons of new information. "There needs to be a balance of remembering and forgetting for the memory to work properly," Dr. Gordon says.

Most of the time this process goes smoothly. Sometimes, though, your brain accidentally edits out important things, either because you're distracted or the information is too similar to other information in your head.

Another key reason we forget is the brain likes to organize information by category, so that facts relate to each other. A lack of connection makes it especially difficult to remember an event in the future—what researchers call prospective memories—whether it's turning on the slow cooker, or buying a birthday card. "It hasn't happened yet, so there's no link to an actual experience to fix it in your mind," says Dr. Wheeler.

source: "Mature Living", *RSVP of Oswego County, May-June 2015*

"I don't feel old. I don't feel anything until noon. Then it's time for my nap."

Bob Hope

Improve Your Golf Game

As golfers get older, their backswings get shorter. And when the backswing gets too short, you lose distance, accuracy and consistency. Fortunately, you can regain your form and improve your game by making some simple adjustments.

First, make sure you hold the club lightly. Reasoning is that gripping too tightly tenses the arm and shoulder muscles, restricting the backswing.

Second, put more weight on your right foot, especially on full swings with woods and longer irons. Result: a head start on your swing and less weight to shift.

Third, turn your chin to the right (or left if you are left-handed) as you start your backswing. If it throws your timing off, cock your chin in the direction of your backswing before you swing.

Enjoy your time on the golf course while improving your game.

Sudoku Answers

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

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

- 7/2 Fourth of July Celebration w/Ryan Wilson, 11 am
- 7/7 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am
- 7/7,14,21 "Six Steps to Better Balance", 11 am
- 7/13 Breakfast Special: Red, White and Blue Pancakes, 10:30 am-12:30 pm
- 7/14 Evening Meal (*chx cordon bleu/banana cream pie*) w/Johnny Only, 5-7 pm
- 7/16,23 &30 "Stepping On" Classes (pre-registration), 10 am- 12 pm
- 7/16 Philly Cheese Steak Day, 11 am-12:30 pm
- 7/27 Breakfast Special: "Melon Melody", 10:30 am-12:30 pm
- 7/28 Evening Meal (*roast turkey/homemade dessert*) w/Ryan Wilson, 5-7 pm
- 7/29 "Six Steps" Instructors' Refresher, 10 am- 2 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; 7/7 Nickel; 7/14 Bag; 7/21 Quarter; 7/28 Nutrition
- 7/2 July 4th Celebration, Noon
- 7/6 (Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm
- 7/7 Blood Pressures w/Sandy, 11:30 am
- 7/14 Southern Tier Food Bank, 12 pm
- 7/16 Evening Dining (*chx cordon bleu/banana cream pie*) w/Wayne Beddoe (Oldies), 5 pm
- 7/23 Christmas in July Luncheon, 12:30 pm



Mini Farmers' Markets at the Senior Centers



Fruits and vegetables will be available for purchase at some of your local senior centers this July. Below is a list of dates and times for these markets.

- 7/7 Broome West Senior Center (9:30 – 11:30 am)
- 7/8 Eastern Broome Senior Center (12:00 – 1:30 pm)
- 7/9 Johnson City Senior Center (10:00 am – 12:00 pm)
- 7/10 Oak Street Senior Center (10:00 – 11:30 am)
- 7/14 Northern Broome Senior Center (10:00 am – 12:00 pm)
- 7/16 First Ward Senior Center (10:00 am – 12:00 pm)

Addresses and telephone numbers of the centers - pages 10 and 11



4th of July Luncheon

Thursday, July 2nd at participating Senior Centers
Serving around noon



Celebrate Independence Day early at your local senior center. The picnic menu includes: a spiedie marinated chicken breast, sides and peach cobbler for dessert.

It's just \$3.25 for those age 60+ and \$4.25 for anyone under age 60.

Remember to reserve lunch at the senior center of your choice.

Phone numbers are listed on pages 10 and 11.

Deadline is July 1st at noon.

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

- 7/2 Fourth of July Party/Luncheon w/Orange Blossom Special, 12 pm
- 7/6 Computer Questions & Help w/Pat Dalpiaz, 9:30-10:30 am
- 7/8 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am
- 7/8,9 Evening AARP Smart Driver Course (please reserve), 5-8:30 pm
- 7/16 Evening Dining (*chx cordon bleu/banana cream pie*) w/New Appalachia, 4 pm
- 7/17 The Science of Billiards w/Conrad, 11 am
- 7/22 Christmas in July/Open House, (activities begin at 10 am)
- 7/26 (*Sun.*) Gazebo Concert w/Katelyn Jackson, EBSC Refreshment Fundraiser, 6 pm
- 7/27 "Horse Racing" w/Bonnie Hill, 10 am
- 7/30 Evening Dining (*roast turkey/homemade dessert*) w/Ryan Wilson, 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 12:45; 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:

- 7/1 Social Club, 1 pm
- 7/2 Fourth of July Party & Luncheon w/pianist Mardell Vest, 12:15 pm
- 7/7 Steak Roast at Otsiningo Park (*tickets on sale now*), 10:30 am
- 7/10 Legal Aid (*by appointment only*), 9 am
Blood Pressure Clinic, 10 am
- 7/16 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am
Philly Cheese Steak Day, 11:30 am-12:30 pm
- 7/22 Christmas in July, 12:15 pm

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:** Guitar 9 am; Water Color Painting 9 am; Bingo 12:30 pm**T:** TOPS 9:30 am**W:** Quilting 9 am; Pinochle 12:30 pm; Writers Workshop 1 pm; Bingo 5:30 pm**Th:** Oil Painting 9 am; Shuffleboard 12:30 pm, Mediation 3:30 pm**F:** Watercolor Painting 9 am; Ladies Singing Group 10 am**Special Activities:**

7/2 Fourth of July Luncheon/ Guitar Performance, 11:45 am

7/7 Hearing Specialist (*by appointment*), 10-11:30 am7/9 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am
"Food & Fitness" Nutritional Cooking Class w/ Cooking Demo,
10:30 am

7/17 Outdoor Picnic/ Guitar Music, 12 pm

7/28 Sleep Issues, 10:30 am

7/29 Performance by David Hores, Accordionist, 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:** Quilt Classes 10:00 am (call first), Computer Class; Bingo 10:30 am;

Pinochle 12:30 pm

T: Computer Classes 8:30 am; Osteo Exercise, 10 am**W:** Shuffleboard 10 am, Bunko (dice game) 12:30 pm**Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) Quilting 10 am; Blood Pressure
Testing (1st & 3rd) 11 am; Bridge Card Group 12 pm; Pinochle 12:30 pm**F:** Bingo 10:30 am; Crafts w/Denise 12:30 pm; Pinochle 12:30 pm**Special Activities:**

7/2 Fourth of July Celebration & Luncheon, 11 am

7/7 Build a Scarecrow Day, 10:30 am

7/8 Reverse Mortgage info w/Christian Szenias, 11 am

7/14 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am
Evening Meal (*chx cordon bleu/banana cream pie*)
w/Ryan Wilson, 4:30 pm

7/22 Christmas in July, 11 am

7/28 Evening Meal (*roast turkey/homemade dessert*) w/Bingo, 4:30 pm

7/31 Party on the Patio w/Orange Blossom Special, 10:30 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:**

7/2 Fourth of July Luncheon w/Bruce Huggins, 12 pm

7/6 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am

7/8 Philly Cheese Steak Day, 11 am-12:30 pm

7/15 Tips for Staying Cool This Summer w/Gina, 10:30 am

7/16 Shuffle Board, 10:30 am

7/21 AVRE, 10:30 am

7/22 Christmas in July w/Secret Santa, 10:30 am (lunch at noon)

7/23 Breakfast for Lunch (*scram eggs/bacon/yogurt parfait*),
10:30 am-12 pm**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:**

7/1,8,15,29 Game Day, 10:30 am

7/7 Prescription Drug Drop Off, 11 am

7/10 Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am

7/10 Soup & Sandwich Day, 11 am

7/14 Pizza for Lunch, 11 am

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

7/17 Pre Spiedie Fest Balloon Launch, 11 am

7/21 Book Review w/Cheryl Ebert: *Mister Owita's Guide to Gardening*
by Carol Wall, 11 am

7/22 Christmas in July Party, 11 am

7/28 "Food & Fitness" Nutritional Cooking Class w/cooking demo, 10:45am

7/31 Ice Cream Sundae Day (after lunch)

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; Ice Cream Cones 12:30 pm**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**F:** Walking Group 8 am; Chair Yoga 1 pm**Special Activities:**

Tues/Thurs 7/2-7/28 Tai Chi Class (please pre-register), 9-10 am

Tues. 7/7-7/21 Stepping On, for Falls Prevention (please pre-register),
12:30-2:30 pm

7/1 Blood Pressure Screening w/Kay Devine, 10:30 am

Farmers Market Coupon Distribution (Bring OFA ID Card), 10-11am

7/2 Fourth of July Luncheon, 11:45 am

7/14 Breakfast for Lunch, 10:30 am-12 pm

7/15 "Food & Fitness" Nutritional Cooking Class w/cooking demo, 12:15pm

7/16 No Lunch Served Today

Volunteer Appreciation Evening Meal w/singer Greg Neff, 4-7 pm

7/17 Craft Day, 10:30 am

7/22 Christmas in July/Secret Santa, 11 am, lunch 11:45 am

7/24 Pizza for Lunch OR Chef Salad (please reserve), 11:45 am

7/28 Vestal Senior Citizens Club Picnic & Meeting at Arnold Park, 12pm

**Christmas in July Celebration**

Wednesday, July 22 (7/23 in Deposit)

at participating SeniorCenters

The special holiday lunch is served around noon.

The weather has become increasingly warmer and many people are craving the coolness of winter. Come and enjoy an air-conditioned senior center and bask in the holiday spirit! Each center will have different holiday festivities and a delicious holiday luncheon of roast turkey with all the fixings and a black forest brownie for dessert. Lunch is just \$3.25 for those age 60+ and \$4.25 for anyone under age 60.

Remember to reserve lunch at the senior center of your choice.

Phone numbers are listed on pages 10 and 11.

Deadline is Tuesday, July 21 at noon.

MEET, GREET & EAT

July 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
 Pasta Dinner Fundraiser <i>Thursday, August 6th from 5-7 pm at the Broome West SC in Endwell</i>		Ham w/Raisin Sauce 7/1 Scalloped Potatoes Mashed Hubbard Squash Pineapples & Oranges	Independence Day Party! Marinated Chicken 2 Macaroni Salad Baked Beans Peach Cobbler	Centers Closed in Observance of Independence Day 3
Tuna Noodle Casserole 6 Stewed Tomatoes Broccoli Pears	Sausage w/Peppers & Onions OR Chicken w/HoneyMustard 7 Baked Potato Tossed Salad Tropical Fruit	Roast Beef w/Gravy 8 Mashed Potatoes w/ Gravy Country Blend Vegetables Chocolate Chip Cookie	Pierogies w/Onions 9 Baby Beets Cut Green Beans Carrot Cake w/Cream Cheese Frosting	Fish Florentine 10 OR Chicken w/Cranberry Brown Rice Pilaf Monte Carlo Blend Veg. Apple Crisp
Chicken ala King 13 Over Biscuit Carrot Coins Grape Juice Pumpkin Cookie	Roast Pork w/Gravy 14 OR Broiled Fish Mashed Potatoes w/Gravy Red Cabbage Supreme Pineapple Upside Down Cake	Meatloaf w/Gravy 15 Macaroni & Cheese French Cut Green Beans Cinnamon Applesauce	Manicotti 16 Wax Beans Lime Fruited Gelatin	Breaded Fish Sandwich 17 OR BBQ Chicken Sand. Baked Beans Tossed Salad Vanilla Wafer Pudding
Spaghetti w/Meat Sauce 20 Cut Green Beans Apple Juice Banana	Hot Dog 21 Seasoned Potato Wedges Coleslaw Watermelon Slice	Christmas in July! 22 Roast Turkey w/Gravy Apple Bread Dressing Monte Carlo Blend Veg. Black Forest Brownie	Liver w/Onions 23 OR Chicken w/Marengo Mashed Potatoes w/Gravy Spinach Rice Pudding w/Raisins	Lemon Pepper Pollack 24 OR Home-Style Salisbury Steak w/Gravy Baked Potato Peas & Carrots Pineapples & Mandarin Oranges
Macaroni & Cheese 27 Stewed Tomatoes Brussel Sprouts Oatmeal Cookie	Chicken Cacciatore 28 Over Noodles Cut Green Beans Tapioca Pudding w/Mandarin Oranges	Pub Burger 29 OR Chicken Salad Sand. Pasta Salad Ice Cream Cup	Halupki 30 OR Chicken w/Orange Sc. Mashed Potatoes Tossed Salad Apricot Halves	Broccoli Cheese Pollack 31 OR Chinese Pepper Steak Brown Rice Pilaf Mashed Hubbard Squash Pears

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

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

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