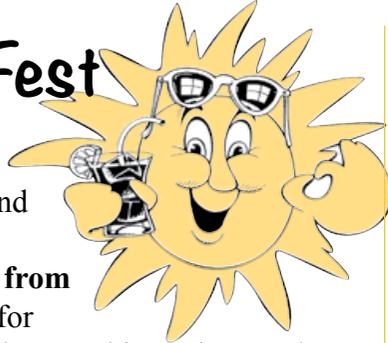




Visit Our Website at www.gobroomecounty.com/senior

Senior Picnic & Fun Fest



Broome County Office for Aging and SUNY Broome Community College invite you to attend the 2015 Senior Picnic & Fun Fest at BCC (aka SUNY Broome) on **Wednesday, June 24 from 10:00 am to 2:00 pm**. A great day is planned for your enjoyment. Please join us! Don't worry about parking. There's plenty of parking on campus and shuttle service to get you to the event.

The senior information area will be inside in air-conditioned comfort in the Ice Center. This is the place to get valuable information on senior services and products.

Here are a few of the day's other activities:

- Outdoor music by Ryan Wilson & Orange Blossom Special
- Live cooking demo with delicious food samples
- Bingo
- Bake Sales & Basket Raffles
- Interactive Information Tables featuring your local Senior Centers
- Information on the Broome County Senior Games
- Indoor Vendor Information Center located in the Ice Center
- Learning opportunities: 3-D printer, WSKG video, Recreation in Southern Tier, energy saving tips and much more!

Lunch is just \$4.00 per person and includes rotisserie chicken with all the picnic fixings. It will be served at noon. Advance meal tickets are needed for lunch and can be conveniently picked up at any local senior center.

The deadline for reservations is noon on Tuesday, June 23.

Limited bus transportation will be provided from designated senior centers. For further information, call 778-2411.

Special thank you to this year's major sponsors:

- Fidelis Care
- Good Shepherd Rehab & Wellness
- Lourdes Health Support
- Today's Options Network PFFS Medicare Advantage Health Plans

Special thank you to this year's contributors:

- CDPHP
- Equip To Care
- Humana
- MVP Health Care
- The Hearth at Castle Gardens
- United Healthcare Medicare Solutions
- Visions Federal Credit Union
- WellCare

June "Summer Fun" in Broome County

The Senior Picnic is just one of many community events happening this June. Make the most of the summer weather and come out to enjoy one or more of the various events planned. Here is a list of some of the activities that will take place this June. Don't miss out on the summer fun!

Roberson Museum & Science Center: Journey from Our Historic Past

This exhibit features materials of the world's oldest fossilized forest, life forms from when parts of New York were undersea, our region's only dinosaur, and ice age mammals.

June 1-30

Roberson Museum and Science Center - 772-0660

42nd Annual Grecian Festival

Offering tasty Greek foods, pastries and wines as well as crafts, dance and traditional music.

June 4-7

Greek Orthodox Church of the Annunciation - 797-0824

Cider Mill Playhouse presents: "Thoroughly Modern Millie"

June 4-28

Cider Mill Playhouse

Cidermillplayhouse.com

Continued on page 2



Assemblywoman Donna Lupardo greeted and recognized Broome County Honorees at the May 5, 2015, New York State Senior Day Celebration held at the Empire State Plaza in Albany.

Pictured above are Broome County Honorees, Dorothy Blasko (left) and Donna Turnbull (right), with the Assemblywoman after they were awarded their certificates for their commitment to volunteerism in our community.



Start Your "Summer Fun" with the Senior Picnic!

Find Us On



FACEBOOK

Summer Fun *continued from page 1*

Join **First Friday Art Walk**, which promotes Binghamton's growing Art community. Visit your favorite of 45 downtown locations, such as galleries, restaurants, shops and studios.

June 5
Downtown Binghamton - 348-0090

St. Joseph's Annual Bazaar is a celebration of Czechoslovakian heritage. Try traditional foods, play fun games and dance to the music provided!

June 5-7
St. Joseph's Church - 748-0442

St. Anthony Italian Feast Days is an Italian festival that includes live entertainment and an adult casino in addition to a variety of Italian foods and pastries.

June 12-14
St. Anthony of Padua Church - 754-4333

5th Annual CNY Fiber Festival has over 100 booths under cover featuring unique handmade products from natural fibers. For more information visit www.cnyfiber.org.

June 13th & 14th
Butternut Hill Campground - www.cnyfiber.org

50th Annual Father's Day Antique Car Show & Flea Market

June 21
Floyd Maines Community Center - 768-4507

Schorr Family Firehouse presents: 8th Annual Father's Day Jazz Concert

June 21
Goodwill Theatre - goodwilltheatre.net

Dancing with the Stars: Live! Perfect 10 Tour

June 23
Floyd L. Maines Veterans Memorial Arena - Broomearenaforum.com

The Steve Miller Band

June 24
Binghamton University Anderson Center - 777-ARTS

For more summer events visit www.visitbinghamton.org.

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2015 Concert in the Park



Where: HIGHLAND PARK
Endwell, NY
Tuesdays at 7 PM

Sponsored by: ELOCA – Endwell League of Community Action

<u>Date</u>	<u>Group Performing</u>
JUNE 23	Endwell Community Chorus
JUNE 30	<u>No Concert</u>
JULY 7	Katie Scott with Persuasion
JULY 14	Southerntiersmen
JULY 21	Rick Pedro and Jeff Lake
JULY 28	Alex and Freddy Mendoza
AUGUST 4	Old Friends
AUGUST 11	David Hores
AUGUST 18	Maine Community Band

A Celebration of Fathers Friday, June 19th

Celebrate the fathers in your life on Friday, June 19, at participating Broome County Senior Centers. Enjoy a delicious luncheon of homemade meatloaf or beer battered fish with a delicious apple crisp for dessert.

What a wonderful opportunity to honor the men who strive to make a difference in our community and our lives, whether it be your father, brother, son, or friend - or yourself! Why not treat a man to lunch who has made a positive effect on you, or get your male friends together for some laughs and a great lunch.

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

Lunch is just \$3.25 for people age 60 and better; \$4.25 for people under age 60. We hope to see you on the 19th!



Susquehanna Home Health Care
282 Riverside Drive
Johnson City, NY 13790
(607) 729-9206

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In recognition of the 2015 National Volunteer Week, OFA's Meals on Wheels Site Supervisor, Judi Zeamer, organized a thank you party on April 22nd to honor the drivers and visitors from Conklin/Kirkwood Meals on Wheels Program. It was calculated that the current Conklin/Kirkwood Meals on Wheels Volunteers span 110 years of loyal service from 2 years to 24 years!

Picture left to right - back row: Judi Zeamer, Site Supervisor; Pat Scofield, Warren Scofield, Mary Cappello, Jamie Kelly, OFA Director; Tom Edmister. Left to right - front row: Joyce Struck, Sylvia Ecklaberger, Millie Harding, John Capello, Jean Stewart, Nancy Devine, Harold VanHart. Volunteers missing from the photo are: Bill and Karen Krasowsky, Tom Kelly, Gary Theophila, and Carol Malone.

Summer Solstice

The **summer solstice** occurs annually between June 20 and June 22 (depending on each year's calendar), representing the year's longest day and the beginning of summer in the northern hemisphere. The summer solstice arrives when the tilting earth inclines most toward the sun, thus giving us our longest day of sunlight (and the shortest day to those in the southern hemisphere.)

Solstice is derived from the Latin *sol* (sun) and *sistere* (to stand still). Another term for this solstice is **midsummer**.

Many traditional cultures observe summer solstices with holidays, festivals, and rituals.

This year our summer solstice takes place on Sunday, June 21, at 12:38 PM EDT. So mark your calendars, set your watches, and, we hope, enjoy a long, long sunny day in the Southern Tier!!

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.

Celebrate Flag Day on Friday, June 12th

In the United States, Flag Day is celebrated on June 14th. Our local senior centers will be hosting Flag Day celebrations again this year with a delicious lunch and sharing of facts, stories and memorabilia. For example, do you know what the colors of our flag represent? (We all know about the stars!)

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

Lunch is just \$3.25 for people age 60 and better; \$4.25 for people under age 60. We hope to see you on the 12th!

To answer the question above, white stands for purity and innocence, red for hardiness and valor and blue for vigilance, perseverance and justice.

Facts about our flag flying afar: On the Earth the remotest spots our flag can be found are at the North Pole and atop Mount Everest. On the moon the American flag raised by Neil Armstrong in 1969 still stands in the Sea of Tranquility some 240,000 miles away. But today surely the most remote of American flags resides aboard the space probe Voyager I (launched in 1977), travelling to the outer solar system at 38,000 mph and currently over 12 billion miles from Binghamton.

A "Look Back" at the Transistor Radio

The transistor radio was a small portable radio receiver that used transistor-based circuitry rather than today's digital data technology. Following their development in 1954, made possible by the invention of the transistor in 1947, they became the most popular electronic communication device in history, with billions manufactured during the 1960's and 1970's. Their pocket size sparked a change in music listening habits, allowing people to listen to music anywhere they went. Beginning in the 1980's, cheap AM transistor radios became outdated by devices with higher audio quality such as portable CD players, personal audio players, and boom boxes.

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We are proud to be a sponsor of 2015 Senior Picnic & Fun Fest.



For more information call today!
1-866-568-8921, 8:00 a.m. to 8:00 p.m.
in your local time zone (TTY users call **711**)
7 days a week.

Your call may be answered by a licensed agent. Today's Options[®] PFFS is a Health plan with a Medicare contract. Enrollment in Today's Options[®] PFFS depends on contract renewal. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. A Private Fee-for-Service plan is not Medicare supplement insurance. Providers who do not contract with our plan are not required to see you except in an emergency. To receive more information about Today's Options[®] PFFS or to enroll, please call 1-866-568-8921, 8:00 a.m. to 8:00 p.m. in your local time zone (TTY users call 711) 7 days a week. You may enroll in the plan only during specific times of the year unless you qualify for a Special Election Period (SEP). Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

Y0067_AD_Sponsor_0315 CMS Accepted 03/23/2015

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

Evening Meal w/"Fretboard Express"

Tues., June 9, 5-7 pm
Broome West Senior Center
785-1777

Enjoy an evening meal (roast turkey/éclair) and the guitar music of "Fretboard Express." Reserve by noon, Mon., June 8.

Safety & Sanitation Info Discussion

Wed., June 17, 10:30 am
North Shore Towers Senior Center
772-6214

Learn the importance of keeping food and yourself safe in your household. Receive a free gift!

Evening Dining w/Rick Marsi

Thurs., June 25, 4:30 pm-6:30 pm
Eastern Broome Senior Center
693-2069

Enjoy dinner (grandma's meatloaf/homemade dessert) followed by a narrated slideshow at 5:30 of Rick Marsi's hiking trip in Peru. Reserve earlier than usual (Tues., June 23) as we'll be closed on the 2^{4th} for the Senior Picnic.

Center Holiday Closing

Broome County Senior Centers are closed on Wednesday, June 24 so everyone can attend the Senior Picnic!



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Eastern Broome Senior Center

July 14
Cornell Plantations

First Ward Senior Center

Please call 222-8440 for more information.

June 22
Mohegan Sun

July 7
Culinary Institute of America

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

Johnson City Senior Center

June 23-24
Baltimore & Fort McHenry

July 12
Finger Lakes Wine Festival,
Watkins Glen

July 24
Delaware and Ulster Railroad,
Arkville

Pension Program for Low Income Veterans

Generally, a Veteran must have at least 90 days of active duty service, with at least one day during a wartime period to qualify for a VA Pension. If you entered active duty after September 7, 1980, generally you must have served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions), with at least one day during a wartime period. In addition to meeting minimum service requirements, the Veteran must be:

- Age 65 or older, **OR**
- Totally and permanently disabled, **OR**
- A patient in a nursing home receiving skilled nursing care, **OR**
- Receiving Social Security Disability Insurance, **OR**
- Receiving Supplemental Security Income

Survivors of veterans may also be eligible.

Contact the Broome County Veterans Service Agency at 607-778-2147 or the New York State Division of Veterans Affairs at 607-724-1299 for more information.

The Benefits You Care About... Are Right Here.

Your Fidelis Medicare Representative will meet with you in the comfort of your home and help you choose the plan that's right for you.

Depending on the plan, features may include:

- \$0 plan premium
- \$0 or low copays for doctor visits
- \$0 copay for generics
- \$0 prescription drug deductible
- Dental and vision care
- Transportation
- Flexible spending – with reimbursement up to \$1,000
- Prepaid over-the-counter cards with up to \$110 monthly
- Top doctors and hospitals in our growing network... and much more!

1-800-860-8707 (TTY: 1-800-558-1125)

8 AM to 8 PM Monday through Friday, from February 15 through September 30.

It's easy to enroll anytime online at fideliscare.org

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Fidelis Care is a Coordinated Care plan with a Medicare contract and a contract with the New York State Department of Health Medicaid program. Enrollment in Fidelis Care depends on contract renewal. Fidelis Care is an HMO plan with a Medicare contract. Enrollment in Fidelis Care depends on contract renewal. H3328_FC 15015 Accepted

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Help Us to Help You! What Ideas Do You Have?

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 is in need of your input. Please share your opinions and suggestions about what programs and services are important to you. Your input can help OFA make our community an even better place to live, work and play!

You can share your thoughts by sending an email to ofa@co.broome.ny.us or visit our website and complete a quick survey at www.gobroomecounty.com/senior.

June is Dairy Month!

The next time you eat a cheese sandwich, drink a glass of cold milk, have an ice cream cone or a cup of yogurt on a walk through the park, thank the dairy farmers who made it all possible.

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world.

Dairy farming is a labor of love, but it is hard labor! No matter where your dairy comes from, it is a time to say thanks to America's milk producers.

"O my Love's like a red, red rose, that's newly sprung in June."

Robert Burns



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Tai Chi for Arthritis Program at Vestal Senior Center

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The *Tai Chi for Arthritis Program*, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Tai Chi will help you reduce stress, increase balance and flexibility, feel relaxed and improve overall mind, body and spirit. Studies confirm the Tai Chi program relieves pain, reduces falls and improves quality of life. This class is for everyone, not just participants with arthritis.

These one hour classes meet two times per week for eight weeks and are designed to be relaxing and enjoyable. Classes are held Tuesdays and Thursdays from 9-10am starting Tuesday, June 2 through Thursday, July 23. The fee is a suggested donation of \$20.00.

Register by calling:

- RSVP at 729-9166
- Vestal Senior Center at 754-9596
- Email dkerins@ccbc.net

Tai Chi for Arthritis is brought to you by the Retired Senior Volunteer Program (RSVP).

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21 New Street

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Customized Treatment | Optimal Pain Management | Convenient Scheduling

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In Honor and Respect of Seniors

The Family Violence Prevention Council wants to respect you and protect you! You are invited to join the Broome County Family Violence Prevention Council on **Monday June 15th at 10:30 a.m.** @ the JC Senior Center for some food, fun and information. There will be information on how to protect yourself from becoming a victim; what to watch for, how to plan ahead and things you might not have thought about! **All are welcome to join us for this fun and educational event. Please RSVP to the JC Senior Center at 797-3145.**



Handle with Care
Senior Move Management, LLC

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".

What we do for you...

- Sorting and Organizing • Mover Scheduling and Supervision
- Packing and Inventory of belongings • Unpacking Your New Home
- Allocation of Items You no longer Want or Need

Other Related Services:

- Estate Sales
- Assisting with Finding Your Realtor
- Waste Removal
- 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.
- about ethics, compassion, efficiency, organization, safety & responsiveness to your needs & wants.
- about less stress, a single point of contact throughout the move & regarding you as our family.

Call for a free consultation
607-427-3204
admin@handle-w-care.com



www.handle-w-care.com

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Celebrate at the Seniors Running & Walking Festival!

If you are 55 years or older, join us at the Seniors Running and Walking Festival on August 15th where we will celebrate our senior community, our health and well-being! Whether you've been meaning to start a walking or running program or you are a competitive senior runner or race walker, and dream of being a top finisher, the Seniors Running and Walking Festival is your chance to start something new or to 'break the tape'!

Are you, or do you know someone, in a wheelchair, 55 years or older, who would like to be part of this awesome community event too? The Seniors Running and Walking Festival welcomes all wheelchair participants, manually pushed or pushed by a supporter (who can be any age).

The Seniors Running and Walking Festival includes a training program **prior** to the event that will be a fun way for people to exercise together and enjoy refreshments after each session (June 8-August 10). Those in wheelchairs are welcome too! Once your training is complete, you'll be ready to join our 1 mile or 5K foot race, or 2K wheelchair race, on August 15th. For only \$10, anyone 55 years or older receives a fun, 2 month training and social program, entry into running, walking or wheelchair race events, T-shirt, finisher medal and a chance to win one of many awards. It's an incredible bargain! Why not sign up for the Seniors Running and Walking Festival today?

We have two awesome sponsors -- Excellus BCBS and Good Shepherd Communities -- and we are supported by Broome County's Office for Aging, Action for Older Persons, Vestal Coal House, Town of Vestal, and Triple Cities Runners Club. We're proud of these groups in our community who have come together to create and support the Seniors Running and Walking Festival!

Find all the details and register today at <http://www.gobroomecounty.com/senior/healthed>

Dad Said... In Honor of Father's Day

1. Right to tight and left to loose.
2. Shut that door. Do you wanna heat the whole town?
3. Your mother is right even when she is wrong.
4. Don't make me stop this car.
5. Ask your mother.
6. Because I said so!
7. When I was your age...
8. Just wait until I get you home!
9. That's not a tear, I have something in my eye.

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 – 1 st 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.

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Now offering Psychiatric Prescriptions, Medication Management,
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Families, Sexuality issues
Child and Adolescent Therapy

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Simple Southern Tier Strawberry Shortcake—YESSS!

- 2 cups fresh strawberries
- ½ cup granulated sugar

Slice strawberries and let sit in a bowl with the sugar for at least an hour.

Biscuits:

- 2 cups flour
- 4 teasp. baking powder
- Dash salt
- 4 tablesp. butter
- Approximately ¾ cup milk

Combine first 3 ingredients. Cut in the butter with a fork or pastry blender. Add milk until dough is just “sticky.” Drop dough by large spoonfuls into a greased 9” round cake pan and bake at 350° till done...about 20 minutes. Split biscuits, butter, and fill and top with fruit. Serves 6...Enjoy!!

American Slang: How Many Do You Know?

1. Cook with gas
 - a) dress up
 - b) floor the gas pedal
 - c) do it right
2. Flick
 - a) friendly horse
 - b) movie
 - c) pathway up a steep hill
3. Ixnay
 - a) a Greek mythical figure
 - b) an island in the Indian Ocean
 - c) “no”
4. Ivories
 - a) piano keys
 - b) dentures
 - c) soap flakes
5. Go for the fences
 - a) try to hit a home run
 - b) swordfight
 - c) flee a young bull

See answers below.

Falls Prevention Workshop: “Stepping On”

“Stepping On,” our Falls Prevention Workshop, can provide you with the simple tools you need to strengthen your muscles and improve your balance. In turn this will help to increase your confidence and assist you in remaining as independent as possible.

Former participants have praised this workshop highly.

One told us that he now feels confident to go and visit friends. Prior to attending the workshop, he limited his activity because of his fear of falling.

Another commented, “I can stand from a sitting position with no difficulty now. I thought I would never again be able to do this. Did you know you can gain strength and balance at any age and that falls are rarely really caused just by accident? I never knew this and am so happy that I attended the workshop.”

“Stepping On” meets for 2 hours each week for 7 weeks. Strength and balance activities, home safety, bone health, safe footwear, use of assistive devices, plus much more are discussed. A physical therapist, vision expert, and medication and community safety experts discuss reasons falls occur and what you can do to prevent them.

Summer/Fall schedule:

- ▶ Vestal Senior Center
Tues., 6/16 - 7/28 at 12:30 pm
- ▶ Broome West Senior Center
Thur., 7/16 - 8/27 at 10 am
- ▶ Eastern Broome Senior Center
Mon., 9/14 - 10/26 at 9:30 am
- ▶ Nimmonsburg Meth. Church
Tues., 9/15 - 10/27 at 10 am

All the workshops are facilitated by Registered Nurses Donna and Diane. A \$35 registration fee covers all classes and program manual. Sponsorships are available. A caregiver may attend with a participant with no fee. Classes fill quickly, so register today. Call Diane at 757-0750 or Donna at 765-4180 for more information.

Falls Prevention Exercise Class “Six Steps to Better Balance”

“Six Steps to Better Balance” was developed by Dr. Betty Perkins-Carpenter, Ph.D., nationally renowned expert on falls prevention, and a former Olympic diving coach. The class will teach you simple and fun exercises that will help to increase energy, flexibility, confidence, mobility and reduce your risk of falls.

Cost: \$12 for entire six week program which includes Dr. Betty’s book *How to Prevent Falls: Better Balance, Independence and Energy in 6 Simple Steps* and a *Stretching in Bed* brochure.

To register and for more information contact Gina or Rita at 607-778-2411.

Class Schedule:

- Deposit Senior Center
Tuesdays, June 9 – July 14 from
11:15 am – 12:15 pm
- Broome West Senior Center
Tuesdays, June 16 – July 21 from
11:00 am – Noon

“Six Steps to Better Balance” is brought to you by the Broome County Office for Aging’s Better Balance for Broome Program and CDPHP.

What is the Difference Between Screening and Diagnostic Tests?

A screening test looks for signs of an illness before symptoms develop. A diagnostic test provides information about a known problem or looks for disease after an illness is suspected. For example, a blood test for prostate-specific antigen (PSA) may be used to screen men for prostate cancer. But if PSA is elevated, a biopsy (a diagnostic test) is needed. Similarly, mammography is used to screen women for breast cancer, but a biopsy is needed to evaluate suspicious findings. In some instances, the same tests are used for both purposes, as when mammography is ordered to evaluate a suspicious breast lump. Some tests, such as a PSA, may also be used to monitor response to treatment.

Reprinted from John Hopkins “Health After 50,” January 2015

Golden Days Adult Medical Day Program

Golden Days provides individuals with an opportunity for richer, active and more meaningful days, focusing on maintaining or maximizing an individual’s level of mental and physical well-being through therapeutic and recreational activities. The program offers meals, hygiene and bathing care, as well as medication and wound care management by our professionally trained and caring staff.

Let us be your caregiver!
Call us for a complete description of our program and services.

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“June is bustin’
out all over.”

Oscar Hammerstein II



American Slang Answers:
1) c 2) b 3) c 4) a 5) a

Want To Advertise In
The Senior News?

For Details call 778-2411

Make our readers
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Caregiver Corner

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

Events for Caregivers

How the Elder Services Center at Binghamton University Can Assist You

Date: Tuesday, June 9th

Time: 1:30-2:30 PM

Place: Broome West Senior Center

Presenter: Rene Conklin, Binghamton University Elder Services Center Clinic and Education Coordinator

This presentation will educate caregivers about the Binghamton University Elder Services Center and the different services they provide. Rene will also discuss Alzheimer's disease and other dementias, as well as ways caregivers can manage the problems associated with these conditions. 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
Oakdale Mall

Date: Monday, June 1st

Time: 1:00-2:30 PM

Place: Broome West Senior Center

Phone: 785-3427

Date: Wednesday, June 17th

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.

Sudoku Answers

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

Volunteers Needed
for
Meals on Wheels
1 ½ hours per week

Two programs in Broome County:

Office for Aging Meals on Wheels
serves Binghamton and surrounding
communities with offices in Chenango Bridge,
Whitney Point, Harpursville, Conklin, Kirkwood
Call 607-778-6205

Meals on Wheels of Western Broome
serves Endicott, Endwell, Johnson City, Vestal,
Maine
Call 607-754-7856

Drivers and Visitors are needed weekdays,
Monday-Friday. Feel good about helping your
neighbors and peers and meet new people
while you're at it!

7 Emotional & Physical Well-Being Tips for Male Caregivers

Men account for almost 40% of the caregiver population. In order for male caregivers to properly care for their loved ones, they must remember to care for themselves. Here are seven emotional and physical tips for male caregivers:

1. Participate in a support group.
2. Vary the caregiving responsibilities amongst family members or friends.
3. Exercise on the average of three times per week and maintain a healthy diet.
4. Establish time for meditation.
5. Practice time management.
6. Prepare all necessary documents, i.e., insurance policies, deeds, loans and funeral arrangements.
7. Stay involved in hobbies.

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Do You Remember a Time When...

- ◆ Soda pop machines dispensed glass bottles?
- ◆ Catching fireflies in a mason jar could happily occupy an entire evening?
- ◆ "Oly-oly-oxen-free" made perfect sense (or so we thought)?
- ◆ Baseball cards in the spokes transformed a bike into a motorcycle?
- ◆ Roller skates had keys?
- ◆ Drug stores had wooden phone booths with accordion doors?
- ◆ Short on funds for a date, you ordered one malt with two straws, then, with luck and pluck, touched foreheads?

Pass this on to anyone who may need a break from their "grown-up" life. **I Double-Dog-Dare-Ya!**

source: *Mature Living*, RSVP of Oswego County, March-April 2015

World Elder Abuse Awareness Day: June 15th, 2015

Every day 10,000 people turn 65 in the United States, and this trend is going to continue for the next 20 years. The demographics of this country are shifting, and we will soon have more older adults in the United States than ever before. So as a community that will share these startling statistics, we need to continually think about preparing for our future. We need to think about how we can optimally function in those "Golden Years," as they are so often called. As seniors in the United States we have rights and need to think about how to keep our rights alive and active as our physical bodies continue to change with age. We never want to think about becoming less independent and having to depend on others for some of our daily living activities, but to stay active and independent we must plan ahead. We must take the time and focus on the future.

Think about the rights that you will want to protect by planning now.

- ◆ The right to be treated with respect and dignity.
- ◆ The right to be safe and live in a safe environment.
- ◆ The right to make plans for future needs.
- ◆ The right to select help now in the event you need assistance with daily activities in the future, activities such as bill paying, etc.
- ◆ The right to have your finances ethically managed in the event you are unable to manage your own finances.
- ◆ The right to have your money used to benefit you and meet your needs.
- ◆ The right to maintain your friendships, as well as your family and social supports.
- ◆ The right to maintain your independence as long as possible.

We encourage you to take some time, talk to others and think about how, today, you can plan ahead to maintain these rights. Decide about what actions you need to take now to keep your rights alive and put these thoughts into action steps. Actions could include things such as,

- 1) setting up legal documents to protect yourself and your finances;
- 2) thinking about your living environment and how changes to it might help you keep your independence (for example, if you have a two-story home, do you have everything you might need if you had to live on the main floor?);
- 3) picking the right people to have close to you now, people you know will support you and treat you respectfully as you grow older.

World Elder Abuse Awareness Day will, once again, be celebrated on Friday, June 15th, 2015. We encourage you to honor and respect yourself by planning ahead, being informed and being prepared!

***"It is the month of June, The month of leaves and roses,
When pleasant sights salute the eyes And pleasant scents
the noses."***

N P Willis

The Broome County Home Repair Service

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Come to "Spice Thyme" A Nutrition Education Program

When you think of foods that taste good, do you think of sweet, salty, buttery or cheesy snacks? Like most of us, we prefer foods that are flavorful rather than foods that are bland. For all you salty and sweet lovers, there is a way to reduce your sodium and sugar intake but still obtain some amazing flavors in your food. If you haven't guessed what the secret ingredient is yet, you're probably thinking too hard. Certain spices and herbs can provide a great deal of flavor to meals, as well as health benefits.

Come join in our "Spice Thyme" discussion and cooking demo throughout the month of June at the senior centers listed below. This class will focus on herbs, spices, and healthy meal planning tips. 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:

June 10 - Eastern Broome 12:30 pm
June 17 - First Ward 12 pm
June 18 - Broome West 11:00 am
June 25 - Northern Broome 10:45 am
June 26 - North Shore Towers 10:30 am

Eating Safely

What do "Sell-By", "Use-By", and "Best If Used By" dates on food tell us? These descriptions are product dates found mainly on perishable foods such as meat, poultry, eggs, and dairy products.

- A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before the date expires.
- A "Use-By" tells how long the product will be at peak quality. If you buy or use it after that date, it might not be safe.
- A "Best If Used By (or before)" date is the last date that the manufacturer of the product suggests is best for consuming the food. It is not a "purchase by" or safety date.

source: nihseniorhealth.gov

Summer Sundays Bluegrass Series at the Vestal Museum

All summer long, Sundays from 1:00pm to 3:00pm
Bands on the deck, bring a chair or a blanket for the grass!
Smokey Legend BBQ truck will be here also!

June 28 - The Rusty Doves
July 5th - Dyer Switch Band
July 12th - Pigeon Post String Band
July 19th - Diamond Someday
July 26th - The Easy Ramblers
August 2nd - The Cadley's
August 9th - Grassanova
August 16th - Grass Transit
August 23rd - BadleyBent Bluegrass Boys
August 30th - John Wilmot

Funding is provided, in part, by a project grant from the Broome County Arts Council's United Cultural Fund. This project was also made possible with public funds from the Chenango Arts Council's decentralization program, a re-grant program of the NYS Council on the Arts, with support from Governor Cuomo and the NYS Legislature. Additional support for Broome County provided by the Stewart W. & Willma C. Hoyt Foundation and The Vestal Historical Society.



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Keep Your Skin Healthy During Summer Fun Days

Some sun can be good for you, but to keep your skin healthy, practice the following:

- **Limit time in the sun.** Try to stay out of the sun between 10 a.m. and 4 p.m. This is when the sun's rays are strongest. Don't be fooled by cloudy skies since the sun's rays can go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.
- **Use sunscreen.** Look for a sunscreen with an SPF (sun protection factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15-30 minutes before you go outside and it should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.
- **Avoid tanning.** Don't use sunlamps or tanning beds. Tanning pills are not approved by the Federal Drug Administration (FDA) and might not be safe.

Your skin may change with age so check your skin often. If you find any changes that worry you, see your doctor.

source: www.nihseniorhealth.gov

Listen Safely When Summer Sounds Abound

When you think of the sounds of summer, you may conjure up the soft tinkle of the ice cream truck ambling down the street or the chirping of crickets outside your window at night. But that's only part of the story. Some of the sounds you're exposed to during summer months can be as loud as if you were working in a factory or at a construction site. And people in those occupations are required to wear hearing protection!

Attending summer concerts, watching a monster truck show at the fair, riding a personal watercraft, watching fireworks—these are the activities that make summer so much fun! But they can also wreak havoc on your hearing if they expose you to loud noises for too long. Your power lawn mower, weed trimmer and chainsaw can also damage your hearing if used repeatedly with no earplugs or earmuffs.

Here's a tip: If you have to shout to be heard over the noise, then it's likely loud enough to damage your hearing. If you find yourself in those situations, walk away from the sound, turn down the volume or wear hearing protection.

source: newsinhealth.nih.gov

Look What's Happening at the Centers!

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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

6/8 Breakfast Special: Cinnamon Apple Coffee Cake, 10:30am-12:30pm

6/9 Caregiver Elder Services Center Program, 1:30- 2:30 pm
Evening Meal (*roast turkey/éclair*) w/Fretboard Express (Charlie Carr & guitarists), 5-7 pm

6/11 Tom Bosnon: Handle with Care (Senior Move Management), 11am

6/16,23,30 "Six Steps to Better Balance", 11 am

6/18 Philly Cheese Steak Day, 11 am-12:30 pm
"Spice Thyme" w/Cooking Demo, 11 am

6/19 Honor Fathers for Fathers' Day, 11 am

6/22 Breakfast Special: English Egg & Cheese Sandwich,
10:30am-12:30pm

6/23 Evening Meal (*grandma's meatloaf/homemade dessert*)
w/David Hores, Accordionist, 5-7 pm

6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)

DEPOSIT..... 467-3953

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

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

Lunch served at Noon

Weekly Activities (call for info):

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

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

Th: Chorus 11-12 pm, Wii

Special Activities

Tues. Bingo, 1 pm: 6/2 Nickel; 6/9 Bag; 6/16 Quarter; 6/23 Nutrition; 6/30 Special Prizes

6/1 (Mon.) Meadow Park: Bingo, 11:15 am; Luncheon 12:30 pm

6/9 Blood Pressures w/Sandy, 11:30 am

6/11 Evening Dining (*roast turkey w/éclair*) w/ReBecah Kilbury (pianist), 5 pm

6/16 Southern Tier Food Bank, 12 pm

6/18 Father's Day Celebration

6/24 (Wed.) Closed for OFA Senior Picnic at SUNY Broome (BCC)



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EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

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

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Brunch: Thurs, 10:30 am - 12:00 pm

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

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

Weekly Activities: Exercise classes listed on page 4

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

W: Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

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

Special Activities

Mondays: Zumba Returns! 1-1:45 pm

6/1 Computer Questions & Help w/Pat Dalpiaz, 9:30- 10:30 am

6/9 Stepping On Discussion w/Donna Gavula, 8-9 am

6/10 "Spice Thyme" w/cooking demo, 12:30 pm

6/11 Evening Dining (*roast turkey w/éclair*) w/Kate's Karaoke, 4 pm

6/12 Flag Day: Honoring Emergency Services Workers Then& Now (please reserve), 12 pm

6/17 Handwriting Analysis, 10 am

6/19 Father's/Men's Day Observance w/Civil War Gun Display by Charlie McKilligan, 11 am

6/24 Closed for OFA Senior Picnic at (SUNY Broome (BCC)

6/25 Evening Dining (*grandma's meatloaf w/homemade dessert*) w/Rick Marsi, 4 pm

6/30 Belden Hill Camper Breakfast, 8-9:30 am

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:

6/3 Social Club, 1 pm

6/4,5 AARP Smart Driver Program, 9 am -12 pm

6/10 Legal Aid (*by appointment only*), 9 am
Blood Pressure Clinic, 10 am

6/17 "Spice Thyme" w/cooking demo, 12:15 pm

6/18 Philly Cheese Steak Day, 11:30 am- 12:30 pm

6/19 Father's Day Luncheon w/Jack Edward Shay (*Bygone Binghamton*), 12:15 pm

6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)

Please Join Us!

Yesteryears Open House
Wednesday, June 10th
5:00 - 7:00pm
Broome West Senior Center
2801 Wayne Street, Endwell

RSVP: Debbie 785-0494



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:

- 6/3 Hearing Loss Meeting, 7 pm
- 6/5 Antique Car Show w/Orange Blossom Special, 12:30 pm
- 6/15 World Elder Abuse Awareness Day Presentation, 10:30 am
- 6/16 Red Hat Society Meeting, 6:30 pm
- 6/18 Legal Aide (*by appointment only*), 9 am
- 6/19 Father's Day Tribute Spaghetti Dinner w/Mike McCann: Triplets Field, 5 pm
- 6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)
Center Reopens for Bingo, 4:30 pm
- 6/29 Ice Cream Social w/Binghamton Southerntiersmen Chorus, 12:30pm

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:

- 6/2 Hearing Screening/Cleaning w/Audibel (appointments appreciated), 10-11:30 am
- 6/2,16 Golden Agers, 12:15 pm
- 6/4 National Doughnut Day, 10 am
- 6/8,9 AARP Smart Driver Program, 10:30 am-1:30 pm
- 6/9 Evening Meal (*roast turkey/éclair*) w/"Hot Wings and Cold Feet," 4:30 pm
- 6/10 10 Quick Tips to a Healthier You, 11 am
- 6/12 Flag Day Celebration (Saving Grace UPK Kids Parade), 11:15 am
- 6/19 Father's Day Luncheon w/Jerry Acton's Nature Photo Galleries, 10:30 am
- 6/23 Evening Meal (*grandma's meatloaf/ homemade dessert*) w/Bingo, 4:30 pm
- 6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)
- 6/25 "Spice Thyme" w/Cooking Demonstration, 10:45 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:

- 6/3 Philly Cheese Steak Day, 11 am -12:30 pm
- 6/4 Anniversary Luncheon (*rotisserie chx/strawberry shortcake*) w/ Orange Blossom Special, 12 pm
- 6/10 Breakfast for Lunch (*breakfast burrito*), 10:30 am- 12 pm
- 6/11 Blood Pressure/Glucose Screenings w/Medicine Shoppe, 11am-12pm
- 6/17 Safety & Sanitation Discussion, 10:30 am
- 6/18 Financial Benefits Information & Assistance (OFA), 10:30 am
- 6/23 Medicare Changes w/Action for Older Persons, 10:30 am
- 6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)
- 6/26 "Spice Thyme" w/Cooking Demo, 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:

- 6/5 Bridging the Digital Divide, 10:30 am-12:30 pm
Ladies of Charity Fashion Show, 1 pm
- 6/9 Blood Pressure w/Joyce (Medicine Shoppe), 11 am
Pizza for Lunch, 11 am
- 6/12 Flag Day Observance, 11:30 am
- 6/16 Book Review w/Cheryl Ebert: *Orphan Train* by Christina Baker Kline, 11 am
- 6/19 Father's Day Luncheon/Party, 12 pm
- 6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)
- 6/26 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 6/2-7/23 Tai Chi Class (please pre-register), 9-10 am
- 6/3 Blood Pressure Screening w/Kay Devine, 10:30 am
- 6/4,18 Bingo w/Brad, 10:15 am
- 6/8 Shopper's Club Meeting, 1 pm
- 6/10,11 Corn Hole Tournament (Bean Bag Toss), 10:30 am
- 6/12 Flag Day Observance
- 6/16-7/28 Stepping On, for Falls Prevention (pre-register), 12:30-2:30
- 6/19 Father's Day Luncheon (complimentary ice cream for men)
- 6/24 Center Closed for OFA Senior Picnic at SUNY Broome (BCC)
- 6/25 Craft Day: Patriotic Plaque for Independence Day, 10:30 am
- 6/26 Pizza for Lunch (please reserve), 11:45 am
- 6/30 Breakfast for Lunch, 10:30 am-12 pm

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- Kime Apartments
- Marian Apartments
- Nichols Notch
- Wells Apartments
- Whitney Point Apartments
- Windsor Woods




MEET, GREET & EAT

June Menu - Bon Appétit!

MONDAY <small>(Breakfast for Lunch @ BW, FW Senior Ctrs)</small>	TUESDAY <small>(Breakfast for Lunch @ JC Senior Ctr)</small>	WEDNESDAY	THURSDAY <small>(Golden Griddle @ EB) (Breakfast for Lunch @ NB Senior Ctr)</small>	FRIDAY
Pierogies w/Onions 1 Red Cabbage Supreme Apricot Nectar Sugar Cookie	Broccoli Cheese Omelet 2 OR Kielbasa Hashbrown Potatoes Tossed Salad Fruit Cocktail	Roast Beef w/Gravy 3 Mashed Potatoes Spinach Under the Sea Gelatin Salad	Chicken w/BBQ Sauce 4 Red Potato Salad Baked Beans Sherbet	Halupki 5 OR Breaded Fish Mashed Potatoes County Mix Vegetables Pumpkin Cookie
Meatball Parmesan 8 Navy Bean Soup Italian Mix Vegetables Banana <i>(Check out these *New* Homemade Meatballs!)</i>	Ham & Scalloped Potatoes 9 Broccoli Florets Pineapple Upside Down Cake	Roast Turkey w/Gravy 10 Apple Bread Dressing Brussels Sprouts Gingerbread w/Lemon Sauce	Chili Cheese Dog 11 Baked Potato Tossed Salad Cinnamon Applesauce	Flag Day Observance Fish Florentine 12 OR Chicken w/Cranberry Mashed Potatoes Cut Green Beans Marble Cake
Macaroni & Cheese 15 Stewed Tomatoes Cauliflower w/Parsley Chocolate Drop Cookie	Pub Burger 16 OR Chicken Salad Sand. Cream of Broccoli Soup Ice Cream Cup	Roast Pork w/Gravy 17 Mashed Potatoes Red Cabbage Supreme Apricot Halves	Vegetable Lasagna 18 Wax Beans Tossed Salad Lemon Fruited Gelatin	Father's Day Observance Grandma's Meatloaf 19 OR Beer Battered Fish Mashed Potatoes Vegetable Blend Apple Crisp
Stuffed Pepper Casserole 22 Green Beans Tossed Salad Vanilla Pudding <i>(Don't miss this entree, first time served at a center!)</i>	Egg Salad Sandwich 23 OR Diner Fish Sandwich Hearty Vegetable Soup Fruit Cocktail Peanut Butter Cookie	Senior Picnic @ BCC Rotisserie Chicken 24 Baked Potato Carrot-Raisin Salad Strawberry Shortcake	Beef Stroganoff 25 Over Noodles Broccoli Tropical Fruit	Salmon Patty w/Dill 26 OR Salisbury Steak Brown Rice Pilaf French Cut Green Beans Strawberry Pudding
Cheesy Shell Casserole 29 Vegetarian Vegetable Soup Banana Oatmeal Cookie	Liver w/Onions 30 OR Chicken Marengo Mashed Potatoes Sonoma Blend Veg. Pears	Ham w/Raisin Sauce 7/1 Scalloped Potatoes Hubbard Squash Pineapples & Mandarin Oranges	Independence Day Party! Marinated Chicken 2 Macaroni Salad Baked Beans Peach Cobbler	Centers Closed in Observance of Independence Day 3

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 8

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

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