

Senior News



Visit Our Website at www.gobroomecounty.com/senior

FEBRUARY IS BLACK HISTORY MONTH



Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. In the month of February, we will be visiting Paris, Norwich, and Ravenna. These are free classes, and no reservations are required.

All the following events will be virtual walking tours at the senior center that is listed.



February 19th 11 – 12PM
Montmartre in Paris, France
(streamed to the Johnson City Senior Center)



February 20th 10 - 11AM
Norwich, England
(streamed to the Vestal Senior Center)



February 27th 11 – 12PM
Ravenna, Italy
(streamed to the Broome West Senior Center)



Flip to page 14 to see how Office for Aging is celebrating Valentine's Day at the senior centers.

ARTICLE HIGHLIGHT

February is National Black History Month
Learn more on page 6.

OFA's ID Card can help you with an array of services.
To learn more, flip to page 12.



Broome County Office for Aging
County Office Building
60 Hawley Street, PO Box 1766
Binghamton, NY 13902

Like Us! Follow Us!

Don't miss out on any Office for Aging events & news!

Like our Facebook page:
www.facebook.com/BroomeCountyOfficeForAging/

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each student's ability.

Monday 11:00AM 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.

Monday 9:30AM East. Broome Sr. Center (Harpurville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center
(Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows.

Monday 10:45 AM Johnson City Senior Center (\$3 charge)

Zumba

Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Mon & Fri 9:30AM First Ward Senior Center
(Binghamton) (\$3)

Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics

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

Thursday 10:00AM Johnson City Senior Center (\$3 charge)

Tai Chi

Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday 1:00PM Johnson City Senior Center (\$3 charge)

Weds & Fri 9:00AM Chenango Bridge Senior Center
(In Person or Zoom)

Friday 9:30AM East Broome Sr. Center (Harpurville)

Chair Exercise

Increase flexibility, range of motion and circulation. No fee for this class.

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



Advanced registration is required for Zoom chair exercise.

To obtain more information and sign up, please call (607) 778-2411.

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM



LOOKING FOR A NEW FUN ACTIVITY?

Broome County Office for Aging invites you to join the fun. Beginning February 18th.

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise.

Tuesdays and Fridays at 12:40PM



Bingo + Exercise = Bingocize

Space is limited.



To sign up please contact Bridget at (607) 778-2411.

Attend at the Broome West Senior Center:

2801 Wayne Street Endwell, NY 13760

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Falls Annual Wellness Checkup

at Participating Broome County Senior Centers
Fridays from 10 – 2PM:

- February 7 & 21: Broome West, Endwell
- February 28 & April 4: Chenango Bridge
- March 7 & 21: Johnson City
- March 28 & April 11: First Ward, Binghamton (10:45 – 2:45PM)
- April 18: Vestal
- April 22: Northern Broome, Whitney Point
- May 9: Eastern Broome, Harpurville
- May 15: Deposit

Did you know that more than one third of adults 65 and older fall each year in the United States? Among older adults, falls are also the leading cause of injuries and deaths. They are the most common cause of nonfatal injuries and hospital admissions for trauma. Over the past three years, investigators and students at Binghamton University have evaluated hundreds of Broome County adults for their balance and fall risk.

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy seeks new and returning participants for a research study investigating fall risk. Activities will include testing your standing and walking balance, as well as tests of muscle strength, vision, cognition, and fear of falling.

All activities will take place between 10am to 2pm (unless otherwise noted), with your personal involvement being approximately 45 minutes. To participate, you must be 55 years of age or older and be able to walk at least 10 feet with or without an assistive device. A \$20 gift card will be provided to all participants.

The purpose of this study is to quantify balance and walking ability among community-dwelling adults in Broome County and has been approved by the Binghamton University Institutional Review Board.

For more information and to register, call the Motion Analysis Research Laboratory at 607-777-4700 or book a time at: <http://motion-lab.org/home#events>. Registration is required. Walk-ins are not permitted.

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:

Date: Monday, February 10, 2025 **Time:** 1:00 - 2:30 PM

Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

SOCIAL SATURDAYS

Below are no cost respite programs hosted by area church communities on Saturdays monthly. You do not need to be a member of the parish to participate in the caregiver respite program.

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch or snack. (Guest should be able to eat and toilet independently.)

Saturday, February 1st 11 – 2PM • First Saturday of the Month
St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333

Saturday, February 8th 1 – 4PM • Second Saturday of the Month
Grace’s Place • Grace Lutheran Church: 709 Main St, Vestal
RSVP 607-748-0840

Registration packets are available online at www.gracelutheranchurchvestal.com/graces-place

Saturday, February 15th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, February 22nd 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Church: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946

WEDNESDAY RESPITE

Wednesday, February 12th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center: Route 26, Vestal • RSVP 607-624-6587



HOLY FAMILY FUN & GAMES

Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

Join us every Friday 1 - 3PM
Church of the Holy Family: 3600 Phyllis St., Endwell

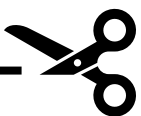
Get competitive with a round of “Golf” or “Hand and Foot” cards games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

Caregiver Event in February



Join Christina Muscatello from Memory Maker Project for a Winters Blue painting workshop designed especially for caregivers! The workshop will focus on still life objects that are connected by a general theme, what helps you get through the dark days of winter? Caregivers will be encouraged to share their own stories, ideas, or opinions on the topic and relate them to their artwork.

After nearly 2 decades of helping seniors struggling with memory loss through art, Christina strives to bring joy to older adults by combining personal experiences with the arts and helping to create new memories while reminiscing on the past. The workshop is being held on February 25th at 2pm, with location to be announced. Please call Broome County Office for Aging at **607-778-2411** for more information and to register.



R-E-S-P-I-T-E

Time For You

Relax

Recharge

Revive

1st Saturday: St. Anthony’s Church Hall 300 Odell Ave Endicott (607) 754-4333	2nd Saturday: Grace Lutheran Church 709 Main St Vestal (607) 748-0840	3rd Saturday: St. Mary’s Church of Kirkwood 975 NY Rt 11 Kirkwood (607)775-0086
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4th Saturday: St. Vincent De Paul Blessed Sacrament Church 465 Clubhouse Rd Vestal (607) 778-2946	2nd Wednesday: Indian Cultural Center 1595 State Rt 26 Vestal (607) 624-6587
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Call Broome County Office for Aging for more information
(607) 778-2411



DO YOU...

Perform housework for someone?
 Help them shop for food?
 Help them bathe or get dressed?
 ... Feel Stressed?

You are a caregiver.
Support is available.

Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Thursday, February 6th
The SOUPer Bowl
11AM

Two guests will go head-to-head with two soup recipes, you will be the judge!

Chenango Bridge Senior Center

Monday, February 3rd and Monday, February 24th
Chop and Chat with Sallie

Please call 607-663-0406 to reserve your spot.

Deposit

Thursday, February 20th
Eric Benekee from Delaware County Office for Aging
11AM

Eastern Broome

Thursday, February 20th
Bingo and Golden Griddle!

Bingo for Prizes 10 – 11:30AM Bring a new item to be used as a prize (nothing expensive)
Golden Griddle 11:30 – 12PM Grilled or cold sandwich, sides, beverage, and dessert!
60+ \$4 suggested voluntary contribution
Under 60 \$5 charge

First Ward

Wednesday, February 19th
NY State Blue Bird Society presents
“What You Need to Know About Blue Birds”
12PM

To reserve a meal to enjoy during the presentation, please call 607-729-6214 by noon on 2/18.

Johnson City

Sunday, February 23rd
Snowflake Follies
2 – 4PM

Whether you're listening to the mellow sounds of the Blue Velvet Big Band or dancing, come join us to beat the winter blues! \$12 admission per person. Concession stand will be available.

Northern Broome

Wednesday, February 12th
Chocolate Covered Strawberries!
12PM

Come enjoy a sweet valentine's day themed treat during lunch. For a meal reservation, please call 607-692-3405 by noon on 2/13.

Vestal

Monday, February 3rd
Breakfast for Lunch
11AM

Blueberry Pancakes, Scrambled Eggs, Sausage, and Hashbrowns

Please call 607-754-9596 for a meal reservation.

Senior Center Closings

- Monday, February 10th for staff training
- Monday, February 17th for Presidents' Day

Ask the Office

I have an important appointment coming up and I no longer drive. I am worried about missing this appointment. What transportation services are available to me?

There are several transportation options available to older adults in Broome County. If you need information about these options, call Office for Aging at **607-778-2411**. One of these options is the Office for Aging Mini-Bus operated by the Broome County Transit. This service is available to older adults age 60+ who have a valid OFA ID card. This service operates Monday through Friday and covers the urban core of Broome County. Older adults can make a reservation up to one week in advance.

To expand on existing transportation services available to older adults, Office for Aging contracted with Getthere Mobility Management. Staff at Getthere can connect older adults to transportation services that meet their needs. They can also provide travel training to help older adults use transportation safely and independently. Call Getthere at **1-855-373-4040** between Monday and Friday (7am-5:30pm).



Transportation assistance for Broome County older adults to medical appointments, grocery stores, senior centers, and other locations.

Call (855) 373-4040 - Monday-Friday - 7am-5:30pm

Connection to Care: Helps people without Medicaid secure health-related services including prescription pick-up and delivery. Contributions toward the cost of transportation are appreciated and help support this service. No one unwilling or unable to contribute will be denied the service.

Travel Training: Teaches people to use transportation safely and independently.

MAS Navigation: Helps people with Medicaid set up rides with Medical Answering Services (MAS), Medicaid's non-emergency transportation provider.

Volunteer Driver Opportunity:

- Help your neighbors get where they need to go!
- Drive your own vehicle & set your own hours.
- Mileage reimbursed at 67¢ per mile (2024 rate)
- Secondary insurance coverage provided.

Getthere is supported in part by the Broome County Office For Aging.



Getthere is a program of the Rural Health Network of SCNY, Inc.

Additional support provided by NYS Office for Aging and Administration on Community Living.



Downsize & Declutter Discussion

Let's try something new this month. Each day designate time on an area of the kitchen. Just 15 minutes each day. Here are some ideas:

- Go through your recipes and only keep your favorites
- Organize water bottles
- Organize plastic dinnerware
- Sort through coupons
- Need 24 more ideas? Reach out to the email below for a complete February calendar breakdown.

Let's discuss at our Declutter Discussion on Tuesday, February 11th at 3PM at the Broome West Senior Center or on Zoom.

To attend via Zoom, contact Joan Sprague at spraguejm@verizon.net.



Mark Your Calendar! Upcoming Community Events

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, February 7th 10 – 4PM
Saturday, February 8th 10 – 2PM
Friday, February 21st 10 – 4PM
For more information, please visit <https://www.gfjlibrary.org/friends/>

Your Home Public Library
107 Main Street, Johnson City
Saturday, February 15th 10 – 12:30PM
For more information, please visit
<https://www.yhpl.org/programs-and-events/>

Stock up on your favorite reads and support the local libraries by attending their book sales! Soft covers, hard covers, audiobooks, DVDs, CDs, jigsaw puzzles, and more. Large print is available.

First Friday

Downtown Binghamton
Friday, February 7th 6 – 9PM

Please join us for an unforgettable evening celebrating creativity and culture in Downtown Binghamton NY! First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Patrons can expect to enjoy live music performances and artist exhibitions that showcase the cultural richness of our community.

Check out the website for events: <https://broomearts.org/in-the-community/first-friday/>

Ties & Tiaras Family Dance

West Family YMCA
740 Main Street, Johnson City
Friday, February 7th 6 – 8PM
Members: Free Non-Members: \$5

Celebrate the season of love with our Ties & Tiaras Dance! The evening will be filled with lively music, and activities that everyone—young and old—can enjoy. Whether you're twirling with your little one or sharing a slow dance with a loved one, this event is perfect for families looking to celebrate the love that brings them all together. So, grab your dancing shoes, bring your family, and join us for an evening of love, laughter, and dancing!

FREE Nutrition Classes with Cornell Cooperative Extension

Fenton Free Library
1062 Chenango Street, Binghamton
Wednesdays in February
Globally Inspired Home Cooking (A Series) 1 – 2:30PM

Union Presbyterian Church
200 E. Main Street, Endicott (use Liberty Ave entrance)
Thursdays in February
Feeling Comfortable in the Kitchen (A Series) 2:15 – 3:45PM

Piece It Together: Jigsaw Puzzle Showdown

GFJ Memorial Library
1001 Park Street, Endicott
Saturday, February 8th 11 - 4PM

Put your puzzle-solving skills to the test in our exciting Jigsaw Puzzle Tournament! Join us for a fun and friendly competition where you can challenge yourself and others to complete puzzles as quickly as possible. Registration required. Sign up as a team or single player. Compete for prizes in different categories to showcase your puzzling prowess! Bring your focus, teamwork, and love of puzzles for an afternoon of fun! You can register online today at <https://gfjlibrary.libcal.com/event/13646264> or call 607-757-5350 to secure your spot.

Broadway in Binghamton - The CHER Show

18 Riverside Drive, Binghamton
Monday, February 17th 7:30PM
Tuesday, February 18th 7:30PM

Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture-breaking down barriers, pushing boundaries and letting nothing and no one stand in her way. THE CHER SHOW is the Tony Award®-winning musical of her story. For more information, visit <https://nacentertainment.com/the-cher-show-broadway-in-binghamton/> or call 607-772-1391.

Rachmaninoff Second Piano Concerto

Binghamton Community Orchestra
Maine-Endwell High School, Farm to Market Road, Endwell
Sunday, February 23rd 3 – 5PM
Admission \$12, children 12 and under are free

Join the Binghamton Community Orchestra as they empower music lovers to explore their passion through quality orchestral experiences. Come to the performance early for a pre-concert chat at 2:15PM.



Scam of the Month

In today's digital age, online relationships have become a common way to connect with others. Alongside genuine connections with others lies the dark reality of romance scams. These scams prey on emotions and manipulate people into parting with their money or personal information, often leading to emotional and financial distress. Understanding how these scams work is important to protecting yourself.

Romance scams involve perpetrators creating fake profiles on dating websites, social media platforms, or other online forums to target unsuspecting individuals. Common tactics used by romance scammers include "too good to be true" profiles. They often use stolen photos and describe themselves as highly attractive and accomplished people. They will pose as caring and attentive people to build trust and form emotional connections with their potential victims, investing time in conversations, and building bonds by claiming shared interests or life struggles. They quickly express love and affection to build these bonds quickly.

Once a scammer establishes a connection with someone, they try to exploit the relationship for financial gain, often through concocting emergencies, such as needing money for medical expenses or a family crisis. The requests for money often start small but escalate over time. They may ask for money through wire transfers, gift cards, or cryptocurrency to avoid detection. They also tend to avoid real-life contact by making excuses to avoid meeting in person, explaining it away with reasons such as military service or employment abroad.

Warning signs you may be being courted by a romance scammer include a sense of rushed intimacy, where the person quickly expresses affection or love. The scammer will have an unverifiable background. They claim to have jobs or lifestyles that make it hard to verify their identity, such as an international worker or member of the military. They have inconsistent stories about their life.

Ways you can protect yourself include being cautious of overly flattering or fast-moving online friendships and romances. You can research online profiles by using reverse image searches to verify photos and cross-check information. Never send money to someone you have not met in person, no matter how convincing their story is. Never share sensitive details like your address, financial information, or passwords. If you suspect a scam, report the profile to the platform and the appropriate authorities. If you realize you have been scammed, act immediately. Block the scammer on all platforms. Report the incident to authorities and notify any financial institutions you have sent money from. Finally, be sure to seek support from someone you trust.



**Lyceum “Armchair Travel”
Classes at Senior Centers**
Explore the World Virtually &
Become a Lifelong Learner

The Lyceum class listed below will be broadcast from the Broome West, Johnson City and Vestal Senior Centers. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.

Wednesday, February 5th 10 – 12PM
Cruise New England and the Canadian Maritimes

Wednesday, February 12th 10 – 12PM
Amtrak to the West (Johnson City & Vestal only)

Lyceum is affiliated with Binghamton University and National Road Scholar. This institute for lifelong learning has 500+ local members. To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>

BLACK HISTORY MONTH

2025 National Theme: African Americans and Labor

The 2025 Black History Month theme, "African Americans and Labor," is a powerful reflection on the pivotal role that the hard work of African Americans has played in shaping our country's history. This theme underscores the diverse and significant ways in which labor- whether voluntary or involuntary has been at the core of the Black American experience. From the agricultural labor of enslaved Africans, which was foundational to the economic systems of this country, to the prosperous establishment of "Black Wall Street" which was a demonstration of the brilliance and resilient abilities of black corporate collaboration, this theme highlights how work has been central to both survival and empowerment.

This year's theme also touches on how self-help strategies and entrepreneurship in Black communities have provided avenues for economic autonomy and resilience as embraced by the Kwanzaa Principle of "Ujamaa" (cooperative economics). The role of organized labor in challenging both economic and social injustices is highlighted, showcasing how collective action among Black workers has been instrumental in advancing social and political rights. This is a time of reflection on the importance of the Principle of "Ujima" (collective work and responsibility).

By focusing on "African Americans and Labor," Black History Month in 2025 aims to celebrate and honor these profound contributions, shedding light on how work, both historically and present-day, continues to shape the identity, culture, and economic status of our communities. Let this time of reflection and celebration empower us towards a bright and successful future as we continue to walk and work in our "Nia" (purpose).

For more information, please visit <https://www.montgomerycountypa.gov/3683/Black-History-Month>

i Broome County Senior Centers are committed to celebrating and embracing diversity within our community. As we honor Black History Month this February, we are seeking ideas and input for engaging activities or programs. We warmly welcome new members and invite anyone interested in contributing to this effort to get involved.

For Asian American and Pacific Islander Heritage Month in May, we'd love to hear suggestions for programming as well.

If you have an idea or would like to host an activity, please reach out to us at: OFA@broomecountyny.gov



Johnson City Senior Center

Contact: Lucy 607-427-6143

March 14th - Hunterdon Hills: Andy Cooney's Irish Celebration

April 24th - Turning Stone Casino, Carol King Songbook:
A Tribute to Tapestry

April 29th - Villa Roma: Caesar's Extravaganza Day

North Fenton Seniors

Contact: Ruth 607-648-8425

April 9th - Turning Stone Casino

July 16th - Seneca Lake Captain Bills Boat Luncheon

September 7th – 13th - Pigeon Forge, Tennessee & Asheville,
North Carolina (Payment due by 6/12)

Port Crane Seniors

Contact: Donna 607-648-6071

March 17th - Hunterdon Hills "Irish Country Skyline"

May 13th – 15th - Sight & Sound of Lancaster, PA (Payment due 3/5)

LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, February 19th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790

**FLEX & FUEL BINGO-
Mindful Eating Module**



- Come participate in a FUN game of BINGO while obtaining more knowledge about Mindful Eating and participating in stretch and balance exercises.
- Start the New Year off right by making lifestyle changes that will benefit your overall health.
- Have a chance at winning a special PRIZE!

Upcoming Senior Center Events:

Vestal- Wednesday, February 5th at 10:30AM

Broome West- Wednesday, February 26th at 12:40PM

Eastern Broome- Thursday, February 27th at 12:15PM

Transforming Care with AI for Older Adults



In a groundbreaking initiative, the New York State Office for the Aging (NYSOFA) and The Association on Aging in New York (AgingNY) partnered with Intuition Robotics to combat loneliness and social isolation among older adults using ElliQ, an AI companion robot. ElliQ is the first AI companion designed to alleviate loneliness and promote engagement, connection, health, and wellness.

Launched two years ago, the program provided 900 older adults across New York State with an ElliQ. ElliQ was designed to provide companionship, foster engagement, and reduce feelings of loneliness through interactive features and personalized support.

Participants averaged **28** interactions per person per day with ElliQ, indicating high levels of engagement and user satisfaction. ElliQ's CSAT (Customer Satisfaction Score) score is 4.9/5. The latest data reveals a sustained **93%** reduction in loneliness among participants, maintaining the initial success rate reported two years ago.

To qualify for an ElliQ robot you must:

- Be a Broome County resident age 60 and older
- Live alone or spend a lot of time alone
- **Have Internet in your home**

You do not have to be a current client of Office for Aging to qualify, but you must be willing to maintain contact with the agency after you receive ElliQ. To learn if you are eligible, please contact Office for Aging at 607-778-2411.

Endorsed by  **Office for the Aging**



Join the NEW Season of the Nature Walking Club!

The Nature Walking Club invites you to join them for a season of outdoor exploration. Come join this fun group!

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit.

February 13th 10AM – Vestal Hills Cemetery. Meet at the entrance on Vestal Road in Vestal.

February 27th 10AM – Greenway. Meet at the intersection of Vestal Parkway and Plaza Drive in Vestal.

March 13th 10AM – Spring Forest Cemetery. Meet at entrance on Mygatt Street in Binghamton.

March 27th 10AM – Binghamton Riverwalk. Meet at intersection of Conklin Avenue and South Washington Street.

Reservations are **not required**. For more information on the walks, please call **Mary Lou at 607-343-4985**.

We love OUR Volunteers

Foster Grandparent Program

December was a busy month for the Foster Grandparent Program! The volunteers took on the role of Santa's Helpers by donating toys to children at the YWCA. Throughout the year, they dedicate their time to assisting children through volunteer work in classrooms across Broome County. The Office for Aging staff values their contributions and honored the volunteers at a recognition luncheon.

If you are interested in joining this wonderful group of volunteers, please contact Office for Aging at **607-778-2411**.



PLEASE JOIN US FOR A SUPERBOWL PARTY AT OUR SENIOR CENTERS



The actual Super Bowl will be Sunday, February 9th at Caesars Superdome in New Orleans but we will start our celebrations a little early with a pregame party at Senior Centers on Friday, February 7th (Thursday, February 6th in Deposit).

Come join us for a fun lunch and football themed festivities. See the Look What's Happening section of this publication for details.

Lunch reservations are required and can be made by calling the senior center of your choice by Noon on February 6th (February 4th for Deposit).

There is a voluntary suggested contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



In addition to the Superbowl Parties, we will have a "Souper" Week with delicious homemade soups served each day with the senior center lunches. Check the menu on the back page of this publication for details.

Red Bean Quesadilla

Whole grain tortillas filled with mashed red beans, spinach, cheese, and avocado are heated until warm, melted, and golden brown.



Ingredients

- 4 8-inch whole wheat tortilla
- 1 cup frozen spinach (thawed and squeezed to remove excess liquid)
- 1/2 cup shredded Monterey Jack or Cheddar cheese
- 1 avocado (peeled pitted chopped)
- 1 can 15.5 ounce low-sodium red kidney beans (drained and rinsed with cold water)
- garlic powder or dry herbs (optional)

Directions

1. Using a fork, mash beans in a bowl until slightly chunky. Add no-salt seasonings such as garlic powder and dried or fresh herbs, if desired.
2. Place 1 tortilla on a plate and top with half the mashed beans.
3. Top the beans with 1/2 cup of the spinach.
4. Top the spinach with half the cheese.
5. Top the cheese with half the avocado.
6. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks.
7. Repeat with the remaining 2 tortillas.
8. Place a nonstick skillet on the stove over medium and heat until warm, then place 1 quesadilla in the dry skillet. Cook until golden brown, about 1 to 2 minutes on each side. (Or put the plate in the microwave and heat until the cheese melts, about 45 seconds.)
9. Repeat with the remaining quesadilla.
10. Cut each quesadilla into quarters. Serve warm.

Source: <https://www.myplate.gov/recipes/red-bean-quesadilla>

Jiffy Oatmeal Crunch

A crunchy and sweet dessert that everyone will love -- and it can be made in minutes! This recipe makes 30 servings, and leftovers freeze well! The quick oats in this recipe add texture and fiber to this delicious dessert.



Ingredients

- 1/2 cup margarine or butter
- 3/4 cup brown sugar (firmly packed)
- 1 teaspoon vanilla
- 1/2 teaspoon baking soda
- 2 cups quick oats (uncooked)
- 1 cup raisins

Directions

1. Preheat oven to 350 °F and grease a 9x13 inch baking pan.
2. In large skillet, melt butter and brown sugar.
3. Remove from heat and stir in remaining ingredients.
4. Spread into pan and bake for 15 to 20 minutes. Cool; cut into squares.

Source: <https://www.myplate.gov/recipes/jiffy-oatmeal-crunch>

Pasta Salad

Easy and delicious, make this tasty pasta salad for your next picnic.



Ingredients

- 3 cups pasta, uncooked
- 1/2 cup celery (chopped)
- 1 bell pepper (medium, chopped)
- 1/2 cup carrots (diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup mayonnaise
- 1 1/2 tablespoons garlic powder
- 1/4 teaspoon black pepper

Directions

1. Cook pasta according to package directions.
2. Drain and place in bowl or pan.
3. Add the rest of the ingredients and mix well.
4. Cool in refrigerator before serving.

Source: <https://www.myplate.gov/recipes/pasta-salad>

Chicken Pot Pie

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.



Ingredients

- 1 2/3 cups frozen mixed vegetables, thawed
- 1 cup cooked chicken, diced
- 1 can (10.75 ounces) condensed cream of chicken soup, reduced sodium
- 1 cup baking mix, reduced fat
- 1/2 cup milk, fat-free
- 1 egg

Directions

1. Pre-heat oven to 400 °F.
2. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate
3. Stir baking mix, milk, and egg in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
4. Bake 30 minutes or until golden brown.
5. Let cool for 5 minutes and serve.

Source: <https://www.myplate.gov/recipes/chicken-pot-pie>

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 13.

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

Laugh Break!

Why was the robot couple's anniversary in the fall?

They were autumn mated.

Ombudsmen Give Residents a Voice

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families to attain quality care. They are specifically trained to investigate complaints and resolve problems. Under the Federal Older Americans Act, every state must have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

Action for Older Persons in Endicott, NY sponsors the Regional Long Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 48 facilities and approximately 3,773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

The NYS Long Term Care Ombudsman Program consists of a corps of more than 180 specially trained and certified volunteers. Many of these volunteers are retired professionals from various backgrounds including former teachers, businesspersons, health care workers, former state employees, and others.

LTCOP Volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the "heart." If you are interested in becoming a "voice for the voiceless" contact Danielle LaBare at Action for Older Persons **607-722-1251** or dlabare@actionforolderpersons.org for more information.

Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

NEW! If schools are closed for extreme cold (or heat) the centers will remain open, activities will happen, and lunch will be served.

If senior centers are closed for snow/ice conditions the center activities and lunch would be cancelled, but the center will remain open as a warming (or cooling) station.

If the weather looks questionable or you are unsure:

- Check for closings on your local news stations or call the Office for Aging at **607-778-2411**

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that can be used when Meals on Wheels are unable to deliver due to inclement weather. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the foods in this package.

The Broome County Home Repair Service

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Look What's Happening at the Centers!

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

Lunch is served at 12PM | 607-785-1777

Weekly Activities

Monday: BoneSavers 9:30AM; Hand and Foot Card Game 12:30-2:45PM

Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM

Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM

Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM;

Social Connections 1PM; Chair Yoga 1PM

Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

Bingocize, a 10-week health promotion program that combines bingo with fall prevention exercises, is starting this month! Call Bridget at 607-778-2411 for more details and to register.

2/3 Music Monday with Greg Neff 11AM

2/3 Nutrition presentation by Kathleen Cook, CCE 12:30PM

2/5 Lyceum: New England and Canadian Maritime 10AM

2/6 SOUPer Bowl 11AM

2/6 OFA ID Card Presentation & Applications 10 – 12PM

2/7 & 21 Binghamton University Fall Prevention 10AM

2/11 Chop and Chat 1PM Call to reserve your spot.

2/12 GFJ Library Tech Help 11AM

2/13 Science is Everywhere 1PM

2/14 Valentine's Day Luncheon with Entertainment by Matthew Cornwell 12PM Trivia 1PM

2/18 Grilled Ham & Cheese and Soup for Lunch 12PM

Please call for a meal reservation by noon on 2/17

2/18 Site Council Meeting 10AM

2/19 Beating the Winter Blues Wednesday – Entertainment by Gene Civic 11AM

2/20 Fly-tie Fishing Group 1PM

2/21 Memory Makers Project 10 – 11:30AM

2/24 Omelets for Lunch 12PM Please call for a meal reservation.

2/26 OFA Flex & Fuel Bingo: Mindful Eating 12:40PM

2/27 Discover Live: Ravenna, Italy 11AM

2/28 Fun Friday with Vin Rosenbaker 11AM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901

Located in the First United Methodist Church of Chenango Bridge

Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM

Lunch is served around 12PM | 607-663-0406

Weekly Activities:

Monday: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or

Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Wii Wednesdays 10 – 2PM;

Hand & Foot Card Game 10AM

Thursdays: ZOOM ONLY: Chair Dance Yoga 9AM

Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

All Zoom Classes: Meeting ID: 706 942 1672 • Password: 123456

Special Events:

2/3 & 24 Chop and Chat with Sallie 10:30AM Call to reserve your spot.

2/5 & 26 BINGO with Sallie 10:30AM

2/7 Superbowl Party 10 – 2PM 2/7

2/7 & 28 Horse Racing 10:30AM

2/7 Clover Chat 1PM

2/10 & 24 Crochet with Kathy 10:30AM

2/14 Valentine's Day Luncheon 12PM Sweetheart Dance with Entertainment by Johnny Only 12:45PM

Please call for a meal reservation by noon on 2/12.

2/19 OFA ID Card Presentation & Applications 10 – 12PM

2/19 Craft with Kathie 10:30AM

2/19 Nails by Kathy 1PM

2/21 Nutrition presentation by Kathleen Cook, CCE 12PM

2/28 Binghamton University Falls Annual Wellness Checkup 10 – 2PM

Deposit Senior Center

14 Monument Street, Deposit, NY 13754

Located in Christ Episcopal Church

Center Hours: Tuesday & Thursday, 10 – 2PM

Lunch served at 12:30PM | 607-467-3953

Weekly Activities

Tuesday: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1PM

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

2/6 Superbowl Party 12:30PM Please call for a meal reservation by noon on 2/4.

2/11 Memory Makers Project with Christina 11 - 12:30PM

2/13 Valentine's Day Celebration 10 – 2PM Luncheon 12:30PM

Please call for a meal reservation by noon on 2/11.

2/13 OFA ID Card Presentation & Applications 11:30 – 12:30PM

2/18 Derby Cars 11AM

2/20 Eric Benekee from Delaware County Office for Aging 11AM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Center Hours: Monday – Friday, 9 – 2:30PM

Lunch served at 12PM

Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM | 607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Canasta 10:30AM

Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM,

Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)

Wednesday: Crafters Group & Wood Burning 9 - 11AM; Billiards 10AM

Thursday: Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM;

Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30AM

Special Activities

2/3 February Birthday Celebrations! 10:30AM

2/6, 13, 20 & 27 Greater Good Grocery Bus 11 – 12PM

2/7 Superbowl Party & Burger Bar 11:30 – 12:30PM

2/11 Chop and Chat 12:30PM Call to reserve your spot by 2/4.

2/12 Officers and Finance Meeting 9:15AM

2/12 Bake Sale 10 – 2PM

2/12 Senior Center Site Council Meeting 10:45AM

2/14 Valentine's Day Luncheon – Goodies and Punch 10AM,

Lunch 12PM, Music by Friday at Fred's 12:30PM

2/20 Bingo for Prizes 10 – 11:30AM

2/20 Golden Griddle 11:30 – 12:30PM

2/24 Cows, Pigs and Horse Races 10AM

2/26 Legal Aid Society 9 – 12PM

2/27 OFA Flex & Fuel Bingo: Mindful Eating 12:15PM

2/28 Fun Friday – Games, Socializing, Snacks, and More! 10:30AM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

Center Hours: Mon- Fri 8:30 - 3:30PM

Lunch served at 11:45AM | 607-797-2307

Meal reservations: 607-729-6214

Weekly Activities

Monday: JFF Pool League 9AM; Zumba 9:30AM (\$3); Bonesavers 10AM; Chair Yoga 11AM (\$5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM

Tuesday: Shuffleboard 9AM; Knitting & Crocheting 9AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM

Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)

Thursday: Stitch and Stuff 9AM; Cornhole 1PM

Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

Tax preparation on Tuesdays and Thursdays, please call for appointment times 607-797-2307

2/3 Legal Aid 9AM Call for an appointment.

- 2/4 & 18 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10-11:30AM \$3 (advanced registration and payment required.)
- 2/4 & 12 Low Income Green Form presentation by the Department of Assessment 12PM Appointment required, please call.
- 2/4 Chop & Chat: Veggie Taco Skillet 1PM Call to reserve your spot.
- 2/5 OFA ID Card Presentation & Applications 10 – 12PM
- 2/6 Executive Board Meeting 9:30AM
- 2/6 Craft Class: Paint a Valentine Heart Tree at 10:15AM \$3
- 2/7 Binghamton University Psychology Department presents “Effects of Stress on the Brain & Cognitive Health” 12PM
- 2/7 Superbowl Party 11:45AM
Please call for a meal reservation by noon on 2/6.
- 2/11 Colorful & Classic Heart Healthy Foods presentation by Kathleen Cook, CCE 12PM
- 2/11 Neighborhood Watch Meeting 6PM
- 2/14 Valentine’s Day Luncheon w/ Musical Guest: Ralph Muro 11:30AM
- 2/18 Chop and Chat: Minestrone Soup 1PM Call to reserve your spot.
- 2/19 NY State Blue Bird Society Presentation 12PM
- 2/21 Film Friday: “French Kiss” 1PM (Free popcorn, soda for sale.)
- 2/24 Breakfast for Lunch: Pancakes 10:45 - 12:15PM No takeout available.

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790

Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM

Lunch served at 11:45AM | 607-797-3145

Weekly Activities

Monday: Bingo Board Sales 12:30 – 1:30PM; Games Played 1:30 – 4:30PM, Guitar Group 9 – 12PM (\$2); Watercolor Painting 9:30 – 11:30AM (\$3); Gentle Yoga 9:30 – 10:30AM (\$3); Line Dancing 10:45 – 11:45AM (\$3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)

Tuesday: TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Table Shuffleboard 12:30 – 3:00PM (\$1)

Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Balance + Mobility 1 – 2PM (no fee)

Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Tai Chi 1 – 2PM (\$3)

Friday: Gentle Yoga 10 – 11AM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

2/3, 10 & 24 Greater Good Grocery Bus 10 – 11AM

2/3, 5, 12, 19, 24 & 26 Medicare Assistance with Stephen Snitchler 10 – 12PM

2/3 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM

2/5 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM

2/5 Lyceum: Cruise New England & the Canadian Maritimes 10 – 12PM

2/7 OFA ID Card Presentation & Applications 10 – 12PM

2/7 Superbowl Luncheon 11:45AM

2/7, 14, 21 & 28 Poetry Group 12:30PM Call to reserve your spot.

2/11 JCSC opening at 11:30AM for Bingo only.

No lunch will be served. Bingo operating as normal.

See Monday events above. (Bingo kitchen will be open.)

2/11 Chop & Chat (Faith in Action): Minestrone Soup 11 – 12PM
Call to sign up by 2/4.

2/12 Lyceum: Amtrak to the West 10 – 12PM

2/14 Valentine’s Luncheon 11:45AM

2/16 Southern Tier Orchid Society Meeting

(new participants welcome) Social Time 1:30PM Meeting 2 – 4PM

2/19 Discover Live: Montmartre in Paris, France 11 – 12PM

2/19 LGBTQ+ Senior Social Group 3 – 4PM

2/19 Alzheimer’s Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required; call ALZ at 315-472-4201 x227.

2/20 Legal Aid 9 – 12PM Call for an appointment.

2/21 Colorful & Classic Heart Healthy Foods presentation by Kathleen Cook, CCE 10:30 – 11:30AM

2/23 Snowflake Follies 2 – 4PM

2/26 Haircuts by Debbie Roberts (\$20) Call for an appointment. 10 – 11:30AM

2/27 Job Fair (all ages welcome) 4 – 6PM

2/28 Guthrie/Lourdes Mammography Van 9 – 3PM.
Pre-register with Guthrie at 607-798-5723.

3/4 Chop & Chat (Faith in Action): Recipe TBA 11 – 12PM Signup by 2/25.

3/12 Book Club (*The Women* by Kristin Hannah) 3 – 4PM

Northern Broome Senior Center

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Monday - Friday, 9 – 3PM

Senior Center Store: Monday – Friday, 9 – 3PM

Lunch served at 12PM | 607-692-3405

Weekly Activities

Monday: Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM

Tuesday: Crochet & Knitting Class 9AM; Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM

Wednesday: Sewing 10:30AM; Bridge 12PM; Shuffleboard 10AM

Thursday: Pitch 9AM; Osteo Bonesavers Class 10 – 11AM

Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

2/3 Spaghetti and Meatballs for Lunch 11:30AM Call for a meal reservation.

2/3 Chop & Chat: Vegetarian Taco Skillet 1PM Call to reserve your spot.

2/5 & 2/19 Chef Salads and Soup for Lunch 11:30AM Call for a meal reservation.

2/7 Superbowl Party 12PM Please call for a meal reservation by noon on 2/6.

2/11 Estate Planning, Wills, Powers of Attorney and Healthcare Proxy presentation by Melissa Krause from the Legal Aid Society 10AM

2/12 Chocolate Covers Strawberries 12PM

2/13 Breakfast for Lunch 10AM Call for a meal reservation.

2/14 Valentine’s Day Luncheon 12PM with Entertainment by Saxophonist Dan Bolton 12:15PM

2/28 Pub Burgers for Lunch 11:30AM Call for a meal reservation.

Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850

Located in Old Vestal High School Cafeteria

Center Hours: Monday - Friday, 9 – 2PM

Lunch served at 11:15AM | 607-754-9596

Weekly Activities

Monday: Mahjong 12PM

Tuesday: Pinochle (new players welcome) 9AM

Wednesday: Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome), 12PM; Oil Painting 1PM

Thursday: Card Group 9AM; Bingo 10AM; Ice Cream 12PM

Friday: Chef Salads 11:30AM (reservations required)

Special Activities

2/3 Breakfast for Lunch 11AM Call for a meal reservation.

2/3 High King Card Game 12PM

2/5 Lyceum: Cruise New England and the Canadian Maritimes 10 – 12PM

2/5 OFA Flex & Fuel Bingo – Mindful Eating 10:30AM

2/7 Superbowl Party 10AM Lunch 11:45AM

2/12 Lyceum: Amtrak to the West 10 – 12PM

2/12 & 26 Vestal Library Tech Help 10:15AM

2/14 OFA ID Card Presentation & Applications 10:30 – 12:30PM

2/14 Valentine’s Day Party 10AM Lunch 11:45AM

2/20 Discover Live: Norwich, England 10 – 12PM

2/20 Philly Cheesesteak Day 11AM Dine in only.

2/25 Vestal Senior Club Meeting Day 12:15PM

2/26 Nutrition presentation by Kathleen Cook, CCE 10:15AM

2/28 Pizza or Chef Salads 11AM Call for a meal reservation.

2/28 Bunko 12PM

LEGAL CLINICS

Melissa Krause of the Legal Aid Society of Mid-NY, Inc. will give a short presentation on the basics of general estate planning at the **Northern Broome (Whitney Point) Senior Center on February 11th at 10am**. After the presentation, interested parties, aged 60 and up, may schedule a one-on-one appointment for further services.

No pre-registration is needed.

Broome County
Office for Aging



Get your Broome County Office for Aging ID Card Updated

Do you have an OFA ID Card? It would be yellow if you are 65+ or blue if you are between 60 and 65 years old. If yes, we are updating participant information this year. If you don't have an OFA ID Card and are 60 years or older, it is a perfect time to apply. Everyone who updates their current OFA ID card or completes a new OFA ID card application will be entered into a raffle to win a prize.

OFA has its own ID cards for many reasons. You can use your yellow or blue OFA ID card to utilize the OFA Mini-Bus transportation, the senior center meal program, senior center activities and Farmers Market Coupons.

OFA staff will be at the following senior centers in the months of February and March to complete existing OFA ID card updates. We will also be accepting OFA ID card applications for new applicants. Please call 607-778-2411 if you have any questions.

Date	Time	Senior Center
2/5/25	10 am – Noon	First Ward, Binghamton
2/6/25	10 am – Noon	Broome West, Endwell
2/7/25	10 am – Noon	Johnson City
2/13/25	11:30 am – 12:30 pm	Deposit
2/14/25	10:30 am – 12:30 pm	Vestal
2/19/25	10 am – Noon	Chenango Bridge
3/5/25	10:30 am – Noon	Northern Broome, Whitney Point
3/13/25	11 am – Noon	First Ward, Binghamton
3/17/25	10 am – Noon	Broome West, Endwell
3/20/25	11 am – Noon	Eastern Broome, Harpursville
3/27/25	11 am – 1 pm	Johnson City

Pop Culture 1930

- 3M employee Richard Drew invents Scotch Brand Cellulose Tape in 1930. Today, it is widely known simply as "Scotch Tape."
- The Mickey Mouse comic strip debuts in the January 13, 1930, edition of the New York Mirror.
- On October 17, 1931, Chicago gangster Al Capone was convicted of income tax evasion and later sentenced to 11 years in federal prison.
- Democrat Franklin D. Roosevelt defeats incumbent Republican Herbert Hoover in the 1932 election.
- The Boulder Dam (today known as "Hoover Dam") is completed 2 years ahead of schedule on March 1, 1936.
- Jesse Owens wins four gold medals during the 1936 Summer Olympics.
- Ty Cobb, Walter Johnson, Christy Mathewson, Babe Ruth, and Honus Wagner become the first inductees into the National Baseball Hall of Fame in 1936.
- American aviation pioneer Amelia Earhart disappears over the Pacific Ocean while attempting to circumnavigate the globe, July 2, 1937.
- Superman debuts in Action Comics #1 in June 1938.
- Gone with the Wind wins the Academy Award for "Best Picture" in 1939.

For more facts, please visit [https://www.census.gov/history/www/through the decades/fast facts/](https://www.census.gov/history/www/through_the_decades/fast_facts/)

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Technology Classes to Help Older Adults Become Tech Savvy

Basic Computer Classes through the Broome County Library
Every Wednesday 10 – 12PM

These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students. Typical topics include:

- Basic computer equipment, vocabulary, and usage
- Windows desktop and files
- Internet usage
- Email accounts
- Microsoft Office and Google Docs
- Online tasks like signing up for accounts or submitting applications

Contact us at **607-778-6406** or tel.lvbtc@gmail.com to preregister.

Broome County Public Library
185 Court Street
Binghamton, NY

Tech Classes offered through the George F. Johnson Library

We offer many other FREE in-person and virtual tech classes, as well as **one-on-one tech help**. Contact us at **607-757-5359** or gjftechcenter@gmail.com for more information!

George F. Johnson Memorial Library
1001 Park Street
Endicott, NY

The library has multiple classes you can watch on your own time. Visit <https://www.gfjlibrary.org/tc/on-demand-virtual-learning/> to view the options.

George F. Johnson Tech Center comes to the
Broome West Senior Center
Wednesday, February 12th 11AM
Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center
Wednesday, February 12th 10:15AM
& Wednesday, February 26th 10:15AM
Technology Assistance

One-on-One Technology Assistance

Broome County Library: Assistance is available every Thursday from 1 – 3 PM. Call **(607) 778-6451** or email bcplreference@gmail.com to book a 20-minute session.

Nineveh Public Library (Tech Talk for Seniors): Technology assistance and answers to your questions are now available! Call the Library for details. **(607) 693-1858**

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Endwell, NY (607) 785-5223
- Nichols Notch Apartments
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
Watkins Glen, NY (800) 838-0441
- Wells Apartments
Johnson City, NY (607) 797-8862
- Whitney Point Apartments
Whitney Point NY (607) 692-2609
- Windsor Woods Apartments
Windsor, NY (607) 655-4191



Housing with a Heart



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AARP FOUNDATION TAX-AIDE OF BROOME COUNTY, NY
SITE LOCATIONS AND TIMES OF OPERATION
February 1st - April 10th

IN 2025, ALL SITES REQUIRE AN APPOINTMENT MADE IN ADVANCE; WE WILL DO YOUR RETURN WHILE YOU WAIT. WE ARE NOT PLANNING TO DO DROPOFF.

- SENIOR CENTER SITES: Call for appointments:
- **FIRST WARD** (Binghamton) 226 Clinton Street TUESDAYS & THURSDAYS 607-797-2307
 - **JOHNSON CITY** 30 Brocton Street TUESDAYS, WEDNESDAYS & THURSDAYS 607-797-3145
 - **NORTHERN BROOME** (Whitney Point) 12 Strongs Place CALL FOR SCHEDULE 607-692-3405
 - **BROOME WEST** (Endwell) 2801 Wayne Street TUESDAYS, WEDNESDAYS, and THURSDAYS
 Call for an Appointment: **Call 211 or 1-800-901-2180**
 Specify **Broome West Senior Center**
 Appointments: TUE, WED and THURS, 10 am to 2 pm

Other local options:

- **Broome County Library:**
 185 Court St., Binghamton
Call 211 or 1-800-901-2180
 Open unless library closed due to weather; 8:30am – 4:00 pm weekdays
 Specify **Broome County Library**
 Appointments: MON, TUES, WED, THU, 10:00am–2:00pm
- **George F Johnson Library**
 1001 Park St, Endicott
Call 211 or 1-800-901-2180
 8:30am – 4:00 pm weekdays;
 Specify **George F Johnson Library**
 Appointments: TUE and THURS, 10 am to 2 pm
- **Union Center Christian Church:**
 950 Boswell Hill Rd, Union Center
Call 607-754-8222 Tuesday through Thursday 9 – 4PM
 Appointments: WED 3pm-6:00 pm
- **Vestal United Methodist Church:**
 328 Main St. Vestal
Call 211 or 1-800-901-2180
 8:30am – 4:00 pm weekdays;
 Specify **Vestal**
 Appointments: MON, TUE, and THU, 9:30 am – 1:30 pm



IF A LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS TAX-AIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED.

Sudoku Answers

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

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Coping In A Hectic World

It's no secret that our world can be a chaotic place. The news keeps us on the edge of our seats with each story trumping the previous. Here are some tips on how to disconnect from the craziness and plug into your mental well-being:

- **Turn off the TV** – It's perfectly okay to not be constantly updated. Take some time to truly unplug and take some time for your own personal world. **Remember that you can't control the world, you can only control your reaction to the world.**
- **Talk It Out** – Reach out to a family member or friend if you're feeling overwhelmed. Maintaining social connections is important in your overall mental health. People need other people, and everyone benefits from these conversations. Not feeling like reaching out? Write it out! Getting your emotions out in paper is also a great tool for lightening your mental load.
- **Distraction** – Have a list of your favorite activities ready to be utilized when feeling overwhelmed. Especially activities that provide a sense of distraction, where you can quiet your thoughts and feel at rest. Whether you enjoy reading, working with yarn, writing poetry, or refurbishing old clocks- prioritizing time to do the things you enjoy is the perfect way to distract yourself from negative thought patterns.

Anytime you take for your mental health is time well spent. Peace is something you can only obtain by choosing peace every single day.

"Nobody can bring you peace but yourself."
—Ralph Waldo Emerson

Make your Foods Heart and Whole-body Healthy in Simple Ways

by Kathleen Cook, SNAP-Ed Nutrition Educator,
Cornell Cooperative Extension

February is Heart Health Awareness month, and efforts to improve the health of our hearts will also be beneficial for our entire bodies. Making a point of eating more vitamin and fiber rich foods and limiting sodium and added sugars is a great way to start!

Simple steps, like draining and rinsing canned vegetables, will remove up to 40% of the sodium in the water, and doing the same with canned fruit reduces the amount of sugar.

Fiber rich foods help to move heart harmful cholesterol out of our systems and make it possible to feel satisfied with small portions. Pasta and plain sauce alone have only a little fiber, yet add some chopped mushrooms, onions, spinach, or chunks of diced tomatoes (and maybe even a small amount of white beans or kidney beans) and you may not need to eat a whole plateful!

You don't have to change the foods you love very much to make them a bit healthier. Here are some more ideas: begin with a canned soup and add leftover or frozen vegetables, or some cooked brown rice or quinoa; boost the protein with half a cup of cooked beans. Freeze leftover meats and vegetables like peppers and onions diced up so they can be easily added to soups, casseroles or even eggs.

Even boxed mac n' cheese can become a healthier meal by adding fresh, frozen, or canned vegetables. Diced tomatoes provide some vitamin C, steamed broccoli adds fiber and more vitamins, and stirring in sautéed garlic, onions, and mushrooms raises your dish to an entirely new level! Not only does it add heart healthy vitamins and minerals, but it adds appealing color and a satisfying rich flavor.

Show some love to yourself with easy delicious food!

Valentine's Day Celebration at Senior Centers

Friday, February 14th
(Thursday, February 13th at the Deposit Senior Center)

Celebrate Valentine's Day with friends and festivities. Cupid's arrow will get you in the tummy with a delicious lunch.

Lunch reservations are required and can be made by calling the senior center of your choice by noon on February 13th (February 11th for Deposit). In addition to a special lunch, centers will have activities and entertainment planned. See the Look What's Happening section of this publication for details.

There is a voluntary suggested contribution for lunch of \$4.00 for those age 60+ and spouse of any age and a charge of \$5.00 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Laugh Break!

Do you have a date for Valentine's day?
Yes, February 14th.

Veterans Crisis Line
1-800-273-8255 PRESS 1

Broome County
Office for Aging 

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607-778-2411**

- Senior Account Clerk
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February Menu - Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.

If you have a food allergy please notify the Office for Aging.

A voluntary suggested contribution of \$4.00 is requested for people age 60+ and spouse of any age.

Those under age 60 are charged \$5.00 per meal.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Meatball Parm Sub 3 Bacon Corn Chowder Mandarin Oranges Sherbet Cup	Marinated Chicken 4 OR Italian Sausage Lasagna Soup Applesauce Oatmeal Raisin Cookie	Chicken Salad Croissant 5 Broccoli Cheddar Soup Pears Ice Cream Cup	Manicotti 6 Sausage Florentine Soup Garden Salad Sugar Cookie	Superbowl Party! Beer Battered Fish 7 OR Hot Dog Vegetarian Chili Mexicorn Chocolate Brownie
Senior Centers Closed 10 for Staff Training Day	Beef Stew over a 11 Biscuit Cut Green Beans Warm Spiced Pears Cranberry Oatmeal Cookie	Halupki 12 OR Salisbury Steak Mashed Potatoes Peas & Carrots Pineapple	Chicken w/Cranberry 13 Roasted Potatoes French Cut Green Beans Tapioca Pudding w/ Mandarin Oranges	Valentine's Day Party! Roast Pork w/Apricot 14 OR Broiled Fish w/Lemon Baked Potato Vegetable Blend Red Velvet Pie Cup
Centers Closed in 17 Observance of President's Day	Ziti Sausage Bake 18 Vegetable Soup Italian Green Beans Peaches	Breaded Chicken Cutlet 19 Roasted Potatoes Diced Beets Fruit Cup	Pub Burger 20 Baked Beans Corn Ice Cream Cup	Manicotti 21 Wax Beans Sugar Cookie
Vegetable Lasagna 24 Bake Minestrone Soup Fruit Cup Lorna Doones	Rotisserie Chicken 25 Baked Potato Country Blend Vegetable Mandarin Oranges	Pulled Pork 26 OR Citrus Broiled Fish Macaroni & Cheese Coleslaw Chocolate Chip Cookie	Teriyaki Chicken 27 Brown Rice Pilaf Asian Blend Vegetables Pineapple Upside Down Cake	Beef Stroganoff 28 OR Fish Florentine Buttered Noodles Carrots Apple Crisp

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging



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Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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