



Visit Our Website at [www.gobroomecounty.com/senior](http://www.gobroomecounty.com/senior)



## Celebrating National Senior Center Month

### September is National Senior Center Month

There are 10,000+ senior centers across the country providing access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning, but the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Sourced from <https://www.ncoa.org/page/national-senior-center-month>

Did you know that Broome County has nine senior centers. The centers offer a huge variety of programs to stay connected including crafts, educational programs, exercise classes, games, painting and much more!

This September, in recognition of National Senior Center month, we'd like you to "Have a Meal & Win a Deal!" We will be celebrating with a "Have a Meal & Win a Deal" raffle campaign to promote the senior centers and the senior center's meal programs. Throughout September, whenever you dine at one of the Broome County senior centers, you can enter your name in a raffle to win prizes at each senior center.

Check out the Look What's Happening at the Centers section of this publication for the locations of the senior centers or call the Office for Aging if you have any questions and remember to "Have a Meal & Win a Deal" this September!!!

Sponsored by the Broome County Office for Aging.

### ARTICLE HIGHLIGHTS

September is National Fall Prevention Awareness Month  
Flip to page 13 to see how you can avoid falls.

First time visiting a local senior center? Unsure what to expect?  
See page 9 to get a glimpse of what your first visit will look like.

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 September, we will be visiting Peru, Spain, Italy, and Georgia. 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.



9/16 1:30 – 2:30PM  
**Seville, Spain**  
(streamed to the Johnson City Senior Center)



9/18 2 – 3PM  
**Cusco, Peru**  
(streamed to the Broome West Senior Center)



9/24 1:30 – 2:30PM  
**Umbria region, Italy**  
(streamed to the Johnson City Senior Center)



9/26 10:30 – 11:30AM  
**Tbilisi, Georgia**  
(streamed to the Vestal Senior Center)

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/](http://www.facebook.com/BroomeCountyOfficeForAging/)



# HEALTH AND WELLNESS

## WEEKLY ACTIVITIES

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' 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

## Walk with Ease is Back!

Meeting at the Oakdale Commons in Johnson City Starting Monday, September 30th

Mondays, Tuesdays, and Thursdays from 10 - 11AM

Join your walking coaches at the Oakdale Commons for this indoor 6-week walking program where you will learn fitness tips, meet new people, and step your way to a lasting walking routine.



- We will meet for 1 hour, 3 times per week inside the mall.
- Each participant will receive a guidebook and walking diary to log progress.
- We will learn how to exercise safely and comfortably while having fun.

Walk with Ease is an evidence-based program with several proven benefits, such as decreased pain, improved balance, and increased strength. As you develop a walking routine, you may also control weight, reduce stress, boost your energy, and much more.

**Advanced registration is required and space is limited. To obtain more information and sign up, please call (607) 778-2411.**

Remember to consult a healthcare professional before beginning this or any new exercise program.



## Tai Chi for Beginners

Tai Chi is going to be offered at Broome West Senior Center starting Wednesday, September 18th. The class will be held on Wednesdays and Fridays at 11AM.

It is an 8-week evidence-based program that features Sun-Style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis.

If you are interested in participating, please call the number below. Pre-registration is required as space is limited.

**To register: Call the OFA at 607-778-2411.**

# Caregiver Corner

*Ideas and information for people caring for others.*

**The Johnson City Caregiver Chat:**

**Date:** Monday, September 9, 2024 **Time:** 1:00 - 2:30 PM

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

**Evening Meal and Caregiver Cooking Event:**

**Date:** Tuesday September 10, 2024 **Time:** Dinner: 4:30PM • Presentation: 5:15PM

**Location:** Northern Broome Senior Center, 12 Strongs Place Whitney Point 13862

Caregivers, join us at Northern Broome Senior Center for an evening meal with your loved one or by yourself! The evening meal starts at 4:30pm followed by a presentation from Kathleen Cook, a Nutrition Educator from Cornell Cooperative Extension, about having nutritious food on hand when you are feeling overwhelmed and exhausted. Presentation is expected to start at 5:15pm. Your loved one will have a safe place to be during the presentation. Leisure time activity aides will offer structured activities in a room close by.

Reservations are required, please call Office for Aging at **607-778-2411** to reserve your spot and/or evening meal.

**NEW! Johnson City Dementia Caregiver Support Group**

**Presented by:** Alzheimer’s Association Central New York

**Date:** Third Wednesday of the Month, Wednesday, September 18th **Time:** 4PM

Support group for caregivers of people living with Alzheimer’s disease and dementia. Please call **315-472-4201** for screening and registration.

Visit [alz.org/cny](http://alz.org/cny) to learn more about caregiver programs and resources.

**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.)

This free caregiver respite program is sponsored by St. Anthony’s, St. Ambrose, and St. Joseph’s parish communities. Do you feel called to volunteer in this Respite? Would you like to register your loved one for this program?

**Saturday, September 7th 11 – 2PM • First Saturday of the Month**  
**St Anthony’s Church Hall: 300 Odell Ave, Endicott • RSVP 607-754-4333**

**Saturday, September 14th 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](http://www.gracelutheranchurchvestal.com/graces-place)

**Saturday, September 21st 11 – 2PM • Third Saturday of the Month**  
**St. Mary’s Church Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086**

**NEW! Wednesday Evening Respite Program at Yesteryears Endwell!**  
**2801 Wayne Street, Endwell**



Join us Wednesday evenings in September for our midweek pizza party! Yesteryears will be hosting an evening respite option September 4, 11, 18, and 25 from 4:30 to 6:30PM. RSVP at **607-778-2946** or with a Yesteryears Site Supervisor.

**Be kind to yourself and don't give in to feelings of guilt.**  
**Remember that you can't do it all. You can only do your best.**  
*Anonymous*

## A Divine Calling

The Broome County Office for Aging is calling on faith based communities to support caregivers with brief periods of respite.

Think of your own congregation/parish. Are there members who are stretched thin by their caregiving responsibilities? How can we support them? Let’s work together to offer restorative respite. Respite programs improve the wellbeing of caregivers.  
*Continued on Page 4*

## Attention Older Adult Caregivers!

How about a little... R-E-S-P-I-T-E

The time you need to  
**Relax Recharge Revive**

Programs available in Binghamton, Kirkwood, Endicott, and Vestal.

To learn more call  
**Broome County Office for Aging**  
**(607) 778-2411**



## 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!

## ANY CARE COUNTS™

NEW YORK

### CAREGIVERS ARE EVERYWHERE. ANY CARE COUNTS.

Mow the lawn for a loved one? Manage finances? Help with meds? That’s care, and any care counts. Almost 1 in 2 of us are caring for someone, and while it can be an honor, it can also be intense.

The Any Care Counts - New York Campaign is a way to recognize and support the millions of unpaid caregivers across the state by connecting them to available support resources in New York.

For more information, please visit <https://www.anycarecountsny.com/>



## Events at the Centers

### **Broome West Senior Center**

Tuesday, September 10th at 4:30PM  
Grandparents Evening Meal with Johnny Only

Grandkids welcome!  
Meal served at 4:30PM  
Family Games with Johnny Only 5:30PM

Please call 607-785-1777 for a meal reservation by noon on 9/9.

### **Chenango Bridge Senior Center**

Wednesday, September 11th  
New Experience with Jim Lamb!  
Music, Comedy, and Puppet Work after Lunch  
Meal Served 12PM  
Entertainment Begins 1PM

Please call 607-663-0406 by noon on 9/10 for a meal reservation.

### **Deposit**

Thursday, September 19th  
Eric Beneke from the  
Delaware County Office for Aging presentation  
11AM

### **Eastern Broome**

Saturday, September 28th from 9 – 2:30PM  
EBSC's Site Council Fundraiser

Please join us for raffle baskets, raffling off larger items, a 50/50 raffle, lunch, door prizes, entertainment, and more!

### **First Ward**

Homecoming Spirit Week  
September 30th - October 4th

Monday – Breakfast for Lunch and Pajama Party Day  
Tuesday – Trippy Tuesday! Wear tie-dye and join trivia.  
Wednesday – Way Back Wednesday: Dress in your favorite decade!  
Thursday – Sports Day: Wear your favorite jersey and play cornhole.  
Friday – Homecoming Dinner-Dance with Musical Guest, Jilissa Vallake 5 – 8PM Tickets will be on sale from 9/19 – 10/3.

Please call 607-797-2307 with any questions.

### **Johnson City**

Boscov's 25% Off Shopping Passes  
Available for \$5 at the JCSC in September. The "Friends Helping Friends" shopping passes can be used on Tuesday, October 22 for 25% off while shopping at Boscov's.

### **Northern Broome**

Monday, September 9th  
Chop and Chat!  
1PM

Please call 607-692-3405 to reserve your spot.

### **North Shore**

Tuesday, September 3rd from 10 – 2PM  
School Supply Donation Drop Off!

Taking school supply donations for raffle baskets. Please call 607-772-6214 with any questions.

### **Vestal**

Monday, September 9th at 11AM  
Breakfast for Lunch!

Join us for a breakfast of sausage biscuits, gravy, eggs, and dessert! Please call 607-754-9596 for a meal reservation.

### **Senior Center Closings:**

Monday, September 2nd in observation of Labor Day

Continued from Page 3

Be a part of the win-win-win:

- Participants enjoy activities like art, music, games & exercise
- Caregivers benefit from the opportunity to recharge
- Volunteers feel personally rewarded when helping families

Often, caregivers are reluctant to ask for help. But they will come to a familiar setting for social events and take the break that they need. Your church might be a safe comfortable space.

Throughout NYS, congregations are starting Caregiver Respite Programs that provide a break to caregivers and social opportunities for other older adults. We are excited to establish a network of faith based respite programs in Broome County.

Participants and volunteers will engage in discussions/trivia games/gross motor skill games/exercises/art projects/community projects/sing a long and a meal or snack. Programs can run monthly/weekly or daily for 2-4 hour sessions. Respite programs improve the quality of life for the participants and improve the health of their caregivers.

If your church would like to provide this type of support to caregivers and join our network, please contact Shellie Spinelli at 607-778-2946 or email [Machelle.Spinelli@broomecountyny.gov](mailto:Machelle.Spinelli@broomecountyny.gov)

## Ask the Office

**I want to attend a senior center, but the options seem overwhelming. What should I do first?**

If you are considering attending a senior center, the variety of options might feel overwhelming. Broome County has 9 senior centers, and each senior center plans different activities and events for the month. To help you make a choice, review our monthly newsletter, *Senior News*. It includes information about the centers' locations, daily lunch menu, special meals, and activities for each center. This can help you narrow down your options.

If there is a senior center close to you, you are not required to visit that center. Feel free to choose the center you would like to visit based on the activities and events that interest you. If you would like a tour of a center by an OFA staff to help you feel more comfortable, please call our office at 607-778-2411 to make arrangements. The "*Look what's happening at the centers*" section of the Senior News (pages 10 & 11) shows information about each senior center's planned activities and special meals.

If you decide to stay for lunch during your visit, call the senior center of your choice by noon the day before to make a reservation. In addition to daily lunches there are special meals planned throughout the year at most senior centers. You can see the daily lunch menu on the back of the Senior News. Anyone age 60+ and their spouse of any age can dine for a suggested contribution of \$4.00. Those under 60 are charged \$5.00 for their lunch.

To start receiving the *Senior News* via mail or email, call **607-778-2411** to set up a subscription. You can also view the Senior News on our website: [gobroomecounty.com/senior](http://gobroomecounty.com/senior).

You can also subscribe for text messages or voice calls to your phone via Office for Aging's messaging system called Blooming Health. These alerts will notify you about upcoming special events and activities taking place at your local senior center.

Call **607-778-2411** to sign up for Blooming Health alerts delivered directly to your phone.

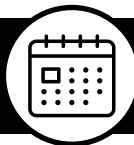


## Downsize & Declutter Discussion Topic: Detachment

The small items add up. Here are some items you should get rid of right now: party favors from weddings, stashes of duck sauce or ketchup, chopsticks, old textbooks, VHS tapes, cassettes, CDs, and many more. The solution is to either recycle, trash, or donate these items.

Learn more at our Declutter Discussion on Tuesday, September 10<sup>th</sup> at 3PM at the Broome West Senior Center or on Zoom.

To attend via Zoom, contact Joan Sprague at [spraguejm@verizon.net](mailto:spraguejm@verizon.net).



## Mark Your Calendar! Upcoming Community Events

### Tuesday Night Farmers Market

Broome County Regional Farmers Market  
840 Upper Front Street, Binghamton, NY  
Tuesday Nights through September 24th

The Broome County Regional Farmers Market is thrilled to announce the addition of a Tuesday Night Market! Starting July 2nd through September 24th, join us every Tuesday from 4 PM to 7 PM for an evening filled with new vendors, great products, outdoor games, cozy seating areas, and much more!

### First Friday

Downtown Binghamton  
Friday, September 6th 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/>

### Luma Projection Arts Festival

Downtown Binghamton  
Friday, September 6th - Saturday, September 7th

LUMA illuminates creative works using the beautiful architecture of Downtown Binghamton as its canvas. LUMA is the premiere projection mapping festival in Upstate New York. For more information on hours and planned events visit <https://lumafestival.com/>

### Blues on the Bridge

South Washington Street Bridge, Binghamton  
Saturday, September 14th 12 – 10PM

This community event is free, featuring 18 blues bands and a variety of food and craft vendors.

### Maine Fest

J. Ralph Ingalls School, 35 Church Street Maine  
Saturday, September 14th 4 – 8PM

The Nanticoke Valley Historical Society of Maine, NY (NVHS) is hosting their annual Maine Fest - rain or shine. This event will consist of a Plein Air Paint Out art competition and sale, musical performances by the Maine Town Band and Maine-Endwell High School, a pollinator garden dedication, the award for the biggest tree in Maine, and will conclude with an old-fashioned community sing-along.

### Walk, Bike, & Roll New York Symposium

DoubleTree by Hilton Hotel, 225 Water Street Binghamton  
September 16 – 18th 4PM

The Walk, Bike, & Roll New York Symposium attracts more than 150 local, state, federal and private agency professionals devoted to building strong communities where people can safely and comfortably walk, bike, and roll. Participants exchange information on the many benefits that vulnerable road user communities offer, such as opportunities for people to be healthy and active, reduced injuries, less traffic congestion and improved air quality and economically viable downtowns where people can walk, bike, and roll.



## Mark Your Calendar! Upcoming Community Events

### Gallery Art Show & Spoken Word Open Mic Night by BCSAFE

(Broome County Suicide Awareness for Everyone)  
Broome County Public Library, 185 Court Street Binghamton  
Wednesday, September 25th 6 - 7:30PM

Come view all the artwork created during the Chalk The Walk campaign. Winners for the categories “Best Use of Color”, “Most Inspiring Message”, “Most Imaginative”, and “Best Group Collaboration” will be accounted. An Open Mic session will also be hosted during the Gallery event, for those interested in sharing positive messages for Mental Health will also be happening. To close out National Suicide Prevention Month, the Broome County Public Library will continue to display the Artwork after the event throughout the end of September. For more information, please visit [gobroomecounty.com/mh/BCSAFE](http://gobroomecounty.com/mh/BCSAFE)

### Walk to End Alzheimer's

Hickories Park – Owego, NY  
Saturday, September 28th 9AM  
Please register by visiting <https://act.alz.org/>

## Scam of the Month

### How to Avoid Scams After the Death of a Loved One

When someone dies, their loved ones are sometimes targeted by scammers looking to take advantage of the situation. People who are grieving may not be thinking clearly and are more likely to let their guard down. Here are some tips to help you avoid scammers after the death of a loved one:

- Be cautious on the phone. Only answer calls from people you know or people you called first. Scammers will use fake names and phone numbers to disguise their identity and location, then call you claiming to be able to offer you help with a life insurance policy or disability or annuity claim. If you have any policies, their representatives should not be calling you, you should be the one to make the first call. Also be cautious of anyone calling saying they are selling a funeral policy or giving money to cover funeral or burial expenses.
- Be careful with personal information. Do not put too many personal details in obituaries or on social media. Scammers can use details for identity theft scams or pretend to be a debt collector. Call your family member's banks, insurance companies, and social security to tell them about the death. You can get a credit report after a few months to check that no one opened credit cards in your loved one's name.
- Keep all documents and take notes. If you file an insurance claim, keep all the paperwork you get from the company, write down names of people you talk to, and details of what you spoke about. If you think your family member had a life insurance policy but you can't find it, you can use the National Association of Insurance Commissioner's "Life Insurance Policy Locator Service" at <https://eapps.naic.org/life-policy-locator>.
- Check charities before you donate. Before giving money to organizations claiming to raise funds for a crime victim or someone who has died, check to see if the companies are real.

***“To keep the heart unwrinkled, to be hopeful,  
kindly, cheerful, reverent that is to triumph  
over old age.”***

***- Thomas B. Aldrich***



**Lyceum Fall Kick-Off!**  
**Tuesday, September 10th 2PM**  
**601 Gates Avenue, Vestal**

Join us for an afternoon of music, light refreshment, and information sharing as we get our fall semester underway. Binghamton University Lyceum is for adults of all ages – a chance to learn, to teach, to play, to socialize, and to share our time and experiences. Come check us out! Please make a reservation by calling 607-777-2587 or by emailing lyceum@binghamton.edu

**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, September 18th 10 – 12PM**  
 (Johnson City and Vestal only)  
 Destination: Argentina & Chile

**Wednesday, September 25th 10 – 12PM**  
 The Gobi in the Winter – A Camel Expedition

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>

**Fall Season is Flu Season.  
 Don't Wait to Schedule Your Shot.**

With the start of fall just a few weeks away, now is the best time to start planning your flu vaccine. It is recommended to get a vaccine before the end of October, because it takes up to two weeks for your body and immune system to work its magic and build up its defenses. **The flu shot is safe, effective, and especially recommended for everyone over the age of 65.** Individuals over the age of 65 do not have the same level of defense against illness and disease that they had when they were younger. As a result, they tend to suffer from more serious side effects of the flu and end up in the hospital more as a result of the flu. These outcomes can be prevented with a simple flu shot, which can reduce the risk of illness by 60%. That number is a whole lot larger than the 0% coverage you would receive with no vaccine.

If you want to schedule a vaccine, check out Office for Aging's flu clinics, your pharmacy, or your healthcare provider for more information. Don't hesitate to vaccinate and stay safe this fall and winter.

Broome County Office for Aging & Lourdes Medical Mobile Unit  
**2024 Flu Clinic Schedule**

**September**

- 16 Broome West Senior Center 1:00 - 2:30 pm (Monday)  
2801 Wayne Street, Endwell
- 18 Eastern Broome 9:00 - 11:00 am (Wednesday)  
27 Golden Lane, Harpursville
- 23 Chenango Bridge 10:30 – 11:30 am (Monday)  
740 River Road, Binghamton (within the First United Methodist Church)
- 25 Vestal 10:30 – 11:30 am (Wednesday)  
201 Main Street (Old Junior High School)
- 27 First Ward 9:30 - 11:00 am (Friday)  
226 Clinton Street, Binghamton

**October**

- 3 Northern Broome 9:30 -11:00 am (Thursday)  
12 Strongs Place, Whitney Point
- 9 Johnson City 10 – 11:30 am (Wednesday)  
30 Brocton Avenue
- 14 North Shore Towers 10 – 11:30 am (Monday)  
24 Isbell Street in Binghamton



**Conklin Seniors**

Contact: Kathy 607-775-0880

**October 29th** - Caesars Extravaganza at Villa Roma:  
 Show and Four Course Dinner

**Eastern Broome**

Contact: Arlene 607-759-6306

**September 20th** - Skaneateles Luncheon Cruise and Merry Go Round Theater

**September 23 – 26th** - Cape May

**December 2nd** - Nellie's Irish Christmas

**First Ward Travel Group**

Contact: Liz W. 607-222-8440

**September 23 – 27th** - Cape May

**November 6 & 7** - Lancaster, PA

**Johnson City Senior Center**

Contact: Lucy 607-427-6143

**October 1st** - Yellow Brick Road Casino (Sign up by 9/10)

**October 9th** - Longwood Gardens: Chrysanthemum Festival (Sign up by 9/12)

**October 29th** - Penn's Peak: Tribute to Three American Troubadours (Signup by 9/23)

**December 7th** - Pennsylvania Christmas Shopping (Sign up by 11/1)

**December 11th** - Koziar's Christmas Village (Sign up by 11/12)

**Kirkwood Senior Trips**

Contact Jeanie 607-655-2685

**September 19th** - Moravia

**October 22nd** - Penn's Peak: The Carpenters

**North Fenton**

Contact: Ruth 607-648-8425

**October 1st** - German Fest

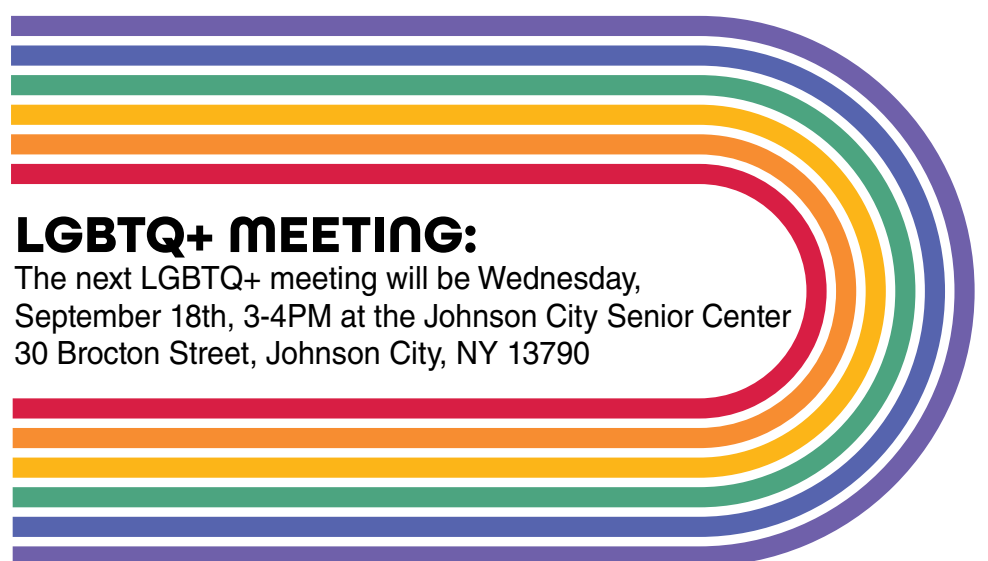
**Vestal Senior Citizens Club**

Contact: Jean 607-754-4479

**September 27th** - Rev Theater: May We All – Meal at Sherwood Inn  
 Sign up: Thursday, September 12 at noon

**October 9th** - Penn's Peak: Everly Brothers tribute  
 Sign up: Thursday, September 26th at Noon

**November 13th** - Hunterdon Hills Christmas Show  
 Sign up: Thursday, October 24th at Noon

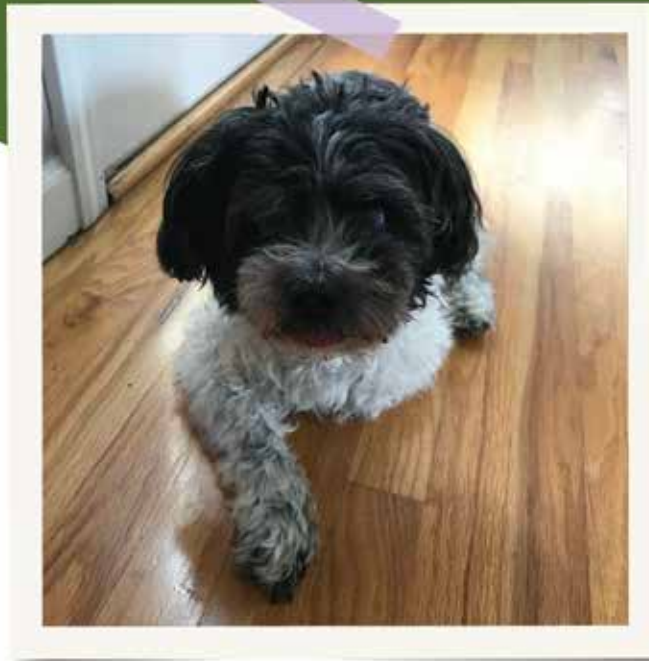


**LGBTQ+ MEETING:**

The next LGBTQ+ meeting will be Wednesday, September 18th, 3-4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790



# PET PHOTO CONTEST RESULTS! AND THE WINNER IS..... Rylee from Deposit!



*"The love from a pet is seen as an unparalleled gift one may receive."  
- Charles Dickens*

While Rylee may have won the title this year, the real winners are him family and everyone who get the opportunity to love a pet!

Thank you to everyone who submitted.



## Join the Nature Walking Club

The Nature Walking Club invites you to join them for a new 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.

**September 12<sup>th</sup> 10AM** – SPECIAL EVENT at Waterman Education Conservation Center in Apalachin. Meet at The Marsh on Route 434 (park on right side pull off 1/2 mile past Hilton Road). Bring a packed lunch to enjoy at the pavilion at the Center. Then we will go into the Center to watch the WSKG interview with Harriet Marsi. Harriet is responsible for saving the Marsh from being paved over by Rt 17!

**September 26<sup>th</sup> 10AM** – Sandy Beach on Conklin Road. Meet at entrance off Conklin Road on left, just before Home Plus.

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

## 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.

		4		8	5		9	6
	5			6	9			
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## Southern Tier Senior Fair

Free

**October 16, 2024**  
**9am - 1pm**

**Oakdale Commons**  
**601-634 Harry Drive**  
**Johnson City, NY**

Presented by:



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Enjoy the games while planning your next adventure in living, discover how to stay in your home as long as possible, or find programs and services you didn't even know you wanted.

**Easy parking and free door prizes.**

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## You can help members of your community stay healthy and independent!



Two Meals on Wheels volunteers enjoying their routes.

Meals on Wheels is looking for people to volunteer to deliver meals once a week. Volunteers are needed Monday-Friday from 11:00 am to 1:00 pm. Routes are available in various locations throughout Broome County. You can sign up to be a driver, visitor, or both.

**Volunteering at Meals on Wheels brings a sense of fulfillment to volunteers. New volunteers quickly become part of a close-knit, caring group of people. The dedication of the volunteers toward the clients they serve, is truly inspirational.**

Call 607-778-6206 for more information on how you can volunteer.



## Apple Cranberry Salad Toss

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.



### Ingredients

- 1 medium head of lettuce (about 10 cups)
- 2 medium apples, sliced
- 1/2 cup chopped walnuts
- 1 cup dried cranberries
- 1/2 cup green onions, sliced
- 3/4 cup vinaigrette dressing

### Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cranberry-salad-toss>

## Perfect Pumpkin Pancakes

Fluffy, pumpkin pancakes will delight your taste buds at breakfast or dinner. Top with sliced banana or applesauce.



### Ingredients

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup pumpkin (canned)
- 1 3/4 cups milk, low-fat
- 2 tablespoons vegetable oil

### Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil; mix well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>

## The Broome County Home Repair Service

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## Turkey Tostadas

These tostadas are layered with refried beans, turkey, and cheese to create a delicious and easy dinner. Top with tomatoes, lettuce, and onions to increase your veggies.



### Ingredients

- 2 cups cooked turkey (cut into bite-sized pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 8 tablespoons taco sauce (1/2 cup)
- plain yogurt (low-fat or fat-free, optional)
- guacamole (or mashed avocado, optional)

### Directions

1. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
2. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
3. Place tortillas on a cooking sheet. Bake at 375° for 4 to 7 minutes or until tortillas are crispy.
4. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
5. Return tortillas to oven to cook for 2 to 3 minutes or until cheese is melted.
6. Top with tomatoes, lettuce, onions, and taco sauce. Garnish with yogurt and guacamole, if desired.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-tostadas>

## Veggie Omelet in a Mug

Making a veggie omelet has never been so easy! Combine all your ingredients in a mug, pop it in the microwave, and breakfast is ready!



### Ingredients

- 2 eggs
- 2 tablespoons 1% low-fat milk (or nonfat/skim milk)
- 1 pinch salt
- 1 pinch black pepper
- 1/4 cup finely chopped mushrooms (or your favorite vegetables)
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)

### Directions

1. Lightly grease the inside of a 12-ounce microwave-safe mug.
2. Use a fork to combine the eggs, milk, salt, and pepper in the mug and stir well. Mix in the vegetables and cheese.
3. Microwave on HIGH for 45 seconds. Stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top, but it will dry as it cools.
4. Refrigerate leftovers within 2 hours.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-omelet-mug>

## Laugh Break!

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

*They were autumn mated.*



### Exploring a Senior Center: A First-Timer's Guide

Entering a senior center for the first time can be a mix of curiosity and perhaps a bit of uncertainty. These community hubs offer much more than meets the eye, providing a welcoming environment filled with activities, resources, and opportunities for social connection. Here's what you can expect on your inaugural visit to a senior center:

#### A Warm Welcome and Orientation

As you step through the doors of a senior center, you are likely to be greeted warmly by staff or volunteers. They understand that for many, this might be a new experience, and they are there to make you feel at ease. Expect to receive a brief orientation or tour of the center, which helps familiarize you with the layout, facilities, and schedule of activities.

#### Nutritious Meals and Refreshments

Senior centers often offer hot meals as part of their services. Your first visit might include the opportunity to join others for lunch or dinner, providing not only sustenance but also a chance to socialize with fellow visitors. This communal dining experience fosters a sense of community and camaraderie among attendees.

#### We asked newer senior center participants what keeps them coming back.

I come every single day because the people are friendly, and I enjoy myself here." – Micheal, Broome West Senior Center

"Always come to the Senior Center if you want to be comforted! After the death of my husband, it was a very soothing and loving experience when I attended. It is a happy family feeling!" – Millie, Johnson City Senior Center


#### What was your first visit at the center like?

"Very nice. I was introduced to others and not left alone. The staff are very pleasant." – Pat, North Shore Towers Senior Center

"I really enjoy having lunch and talking with all the great people. Also, they have very enjoyable speakers and presentations." – Darrel, First Ward Senior Center

Your first visit to a senior center promises a warm welcome, opportunities to explore various activities, access to valuable resources, and the chance to connect with others in your community. It's a place where you can feel supported, engaged, and empowered as you navigate this fulfilling stage of life. So, if you're considering a visit to your local senior center, don't hesitate—go ahead and discover the enriching experiences that await you! Please see pages 10 and 11 for the contact information for Broome County senior centers.

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- Julie S., Binghamton

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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

9/5 Legal Aide 9AM Appointments requires, please call.  
9/6 Fun Friday with Matthew Cornwell 11AM  
9/9, 16, 23 & 30 Breakfast for Lunch 10:30 – 12PM  
9/9 Drum Circle 12:30PM  
9/10 Downsize & Declutter 3PM  
9/10 Grandparent's Evening Meal and special appearance by  
Assemblywoman Lupardo and Senator Webb to present the  
OFA 50 years of service proclamation. 4:30PM  
9/12 & 13 AARP Safe Driving Class 9:30 – 12:30PM  
Please stop in to reserve your spot.  
9/13 Trivia and Pizza Day 12PM  
9/16 Your Food Choices Can Help You Manage Your Cholesterol  
by Kathleen Cook, CCE 11:30AM  
9/16 Flu Shot Clinic 1 – 2:30PM  
9/17 Chop and Chat 10:30AM Reservations required.  
9/18 Discover Live: Lima, Peru 2PM  
9/19 Falls Prevention Program 10 – 12PM  
9/20 Fun Friday with Vocalist Kevin Orielo 11AM  
9/24 Bright and Beautiful Dogs 12:30PM  
9/25 Armchair Travel Lyceum:  
The Gobi in the Winter – A Camel Expedition 10 – 12PM  
9/27 Fun Friday with Mike Jukebox 11AM  
9/27 "Pack The House" Party – BINGO 9:30AM (Free card to all.),  
Mike Jukebox 11AM, Grilled Hot Dogs 12PM  
Please make a meal reservation by noon on 9/26."  
9/30 Historian Jack Shay 12PM

## 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; Walk with Friends 1PM; 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; Walk with Friends 1PM; Mahjongg 10AM

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

### Special Events:

9/4 Clover Chat 1PM  
9/9 & 23 Crochet with Kathy 10:30AM  
9/9 & 23 Chop and Chat with Sallie 10:30AM  
Please call to reserve your spot.  
9/11 Music, Comedy, and Puppets after Lunch 1PM Meal Served at 12PM  
9/13 & 25 BINGO with Sallie 10:30AM

9/16 Craft: Zen Tangle with Eltimar Design 1PM \$10 Reserve your spot by 9/13.  
9/18 Crafts with Sallie 10:30AM  
9/18 Nails by Kathy 1PM  
9/20 Art Show with Bill House 10 – 2PM  
9/20 Punch with your Lunch Day 12PM  
9/23 Flu Shot Clinic 10:30 – 11:30AM  
9/25 Bake Sale 10 – 2PM  
9/27 Nutrition presentation by Kathleen Cook, CCE 12PM  
9/30 Horse Racing Day! 10:30AM

## 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

9/17 Flu Shot Clinic 11AM  
9/19 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;  
Gentle Yoga 9:30AM; 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

9/7 Yankee Trade 11AM  
9/5 & 19 Greater Good Grocery Bus 10 – 12PM  
9/6 Laughtercise with Traci Penna 10:30 – 11:30AM  
9/6 Burger Bar 11:30 – 12:30PM  
9/9 September birthday celebrations 10:30AM  
9/11 Officers and Finance Meeting 9:15AM  
9/11 Senior Center Site Council 10:45AM  
9/12 Golden Griddle 11:45 – 12:45PM  
9/17 Chop and Chat 12:30PM Please call to reserve your spot.  
9/18 Flu Shot Clinic 10 – 12PM  
9/18 Alzheimer's Association presentation 12:30PM  
9/19 Evening Dining with Country Music by Doc Weismore 4PM  
9/25 Legal Aid Society 9 – 12PM Appointment required, please call.  
9/26 Cholesterol presentation by Kathleen Cook, CCE 12:15PM  
9/28 EBSC's Site Council Fundraiser! 9 – 2:30PM  
9/30 Cows, Pigs, and Horses Race 10AM

## 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:** Sewing 9AM; Cornhole 1PM  
**Friday:** Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM



**Special Activities**

- 9/3 & 17 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM, \$3 (Advanced registration and payment required, please call 607-797-2307.)
- 9/5 Executive Board Meeting 9:30AM
- 9/9 Legal Aid 9AM Appointment required.
- 9/10 Simple, Small Meals: Quick & Nutritious Foods for Summer by Kathleen Cook, CCE 12PM
- 9/10 & 24 Chop & Chat 1PM  
Reservations required one week in advance, please call 607-797-2307.
- 9/11 Patriot Day with Pianist Rick Pedro 12PM
- 9/13 Film Friday: "About My Father" 1PM
- 9/19 & 20 AARP Driver Safety Course 9 - 12:15PM  
(Advance registration required, please call 607-797-2307.)
- 9/23 JFF Pool League Resumes 9AM
- 9/24 Chop and Chat: Apple Walnut Quinoa Salad  
Please call to reserve your spot.
- 9/27 Flu Shot Clinic 9:30 – 11AM
- 9/27 Film Friday: "Last Vegas" 1PM
- 9/30 Breakfast for Lunch: Ham, Eggs & Potato Casserole 10:45 - 12:15PM (No take-out available.)
- 9/30 – 10/4 Homecoming Spirit Week 8:30 – 3:30PM
- 10/4 Homecoming Dinner Dance 4:30PM  
Please call for meal reservation by noon on 10/3.

**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**

- 9/4 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 9/5 JCSC Library closed today
- 9/6, 13, 20 & 27 Poetry Group 12:30PM (Call 607-797-3145 to pre-register.)
- 9/9 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
- 9/10 Binghamton University Nursing Students Visit 9 – 12PM
- 9/12 Differences Between Spirit, Soul, Astral Body & Physical Being with Rev. Hilda 10 – 11:30AM
- 9/16 Guthrie/Lourdes Mammography Van 9 – 3PM  
Walk-ins welcome or pre-register by calling Guthrie Lourdes at 607-798-5723.
- 9/16 Discover Live: Seville, Spain 1:30 – 2:30PM
- 9/18 Lyceum Armchair Travel: Argentina & Chile 10 – 12PM
- 9/18 LGBTQ+ Senior Social Group 3 – 4PM
- 9/18 Alzheimer's Association – Caregiver Support Group 4PM  
(Registration; call ALZ at 315-472-4201 x227.)
- 9/19 Legal Aid 9 – 12 PM. Call 607-797-3145 for an appointment.
- 9/19 & 9/20 AARP Driver Safety 1 – 4:15PM  
Call 607-797-3145 to pre-register.
- 9/20 Managing Cholesterol with Your Food Choices  
by Kathleen Cook, CCE 10:30 – 11:30AM

- 9/24 Discover Live: Umbria Region, Italy 1:30 – 2:30PM
- 9/25 Haircuts by Debbie Roberts (\$20)  
(call 607-797-3145 for an appt) 10:00 – 11:30AM
- 9/25 Lyceum Armchair Travel:  
The Gobi in the Winter – A Camel Expedition 10 – 12PM
- 10/2 Book Club (Wishin' & Hopin' by Wally Lamb) 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 – 11:00AM; 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:**

- 9/3 & 17 Golden Agers 12PM
- 9/9 Chop and Chat 1PM Please call to reserve your spot.
- 9/10 Evening Meal with BINGO 4:30PM
- 9/12 Breakfast 10AM
- 9/13 Binghamton University students 9AM
- 9/16 & 30 Soup & Salad Bar 11:30AM
- 9/18 Chef Salads 11:30AM
- 9/26 Legal Aid 9AM Appointments required, please call.
- 9/27 Burger Bar 11:30AM
- 10/3 Flu Shot Clinic 10 – 12PM

The Northern Broome Senior Center is looking for volunteers to help with meal service. Volunteers are needed M-F from approximately 11 – 1PM, talk with Heather about joining our team!

**North Shore Towers Senior Center**

24 Isbell Street, Binghamton, NY 13901  
Center Hours: Monday - Friday, 10 – 2PM  
**Lunch served at 12PM**  
**607-772-6214**

**Weekly Activities**

**Monday:** Wii Bowling 10AM; Greed Game 10 - 11:30AM  
**Tuesday:** Greed Game 10 - 11:30AM  
**Wednesday:** Shuffleboard 10AM; Greed Game 10 - 11:30AM  
**Thursday:** Greed Game 10 - 11:30AM  
**Friday:** Greed Game 10 – 11:30AM; Gardening 10AM

**Special Activities**

- 9/3 School supply donation drop off 10 – 2PM
- 9/3 Wii tournament sign up and play 10:15AM
- 9/10, 17 & 24 Wii tournament 10:15AM
- 9/12 Earring Craft 10:15AM
- 9/13 International Chocolate Day 10:30AM
- 9/18 New games day 10:15AM
- 9/26 Craft Day: Magnetic Door Decorations 10:15AM

**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**

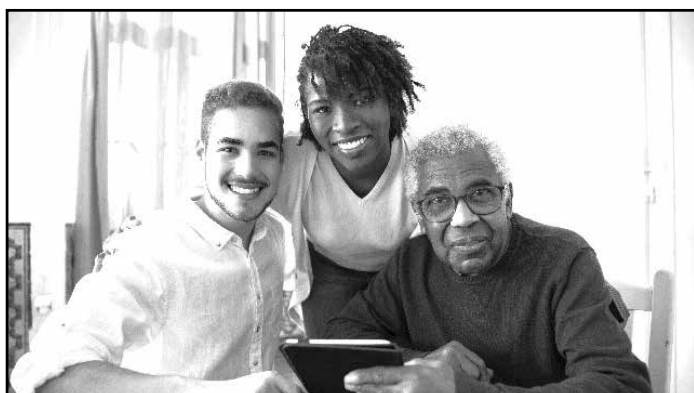
**Weekly Activities**

**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

- 9/4 Working as a Standardized Patient presentation by Binghamton University 10 – 11AM
- 9/4 CarFit 10 – 12PM
- 9/9 Breakfast for Lunch 11AM
- 9/9 King High Card Game 12PM
- 9/11 Vestal Library Tech Help 10AM
- 9/13 Mexican Train Tile Game 12PM
- 9/16 & 30 Chop and Chat 10AM Please call to reserve your spot.
- 9/18 Armchair Travel Lyceum: Argentina & Chile 10 – 12PM
- 9/24 Vestal Senior Club Meeting Day 12:15PM
- 9/25 Armchair Travel Lyceum:  
The Gobi in the Winter – A Camel Expedition 10 – 12PM
- 9/25 Nutrition presentation by Kathleen Cook, CCE 10:15AM
- 9/25 Flu Shot Clinic 10:30 – 11:30AM
- 9/26 Discover Live: Tbilisi, Georgia 10:30 – 11:30AM
- 9/27 Pizza Day or Chef Salads 11:15AM
- 9/27 Bunko Dice Game 12PM

## Binghamton University Research Study on Memory Processes and Aging Seeking Participants



If you are a community member age 50+ with normal or corrected-to-normal vision and no history of brain/neurological disorders, consider participating in research studies conducted by Professors Ian McDonough and Michael Dulas from the Binghamton University Psychology Department. These studies seek to understand aspects of memory including how it changes throughout the lifespan and how it is a part of the mind-body link. The results of these studies can improve memory-based education and contribute to research on memory declines that develop with brain aging.

Study requirements (activities, location(s), time commitment), will vary depending on the project. All studies will involve the completion of surveys, memory tasks, and other cognitive tasks. Potential activities also include one or more of the following:

- An MRI (magnetic resonance imaging) scan. MRI scans allow us to measure the brain in a safe and painless way. These scans come at no cost to you.
- Eye tracking measurements taken using a noninvasive device that tracks your eye movements while you view a computer screen.
- Measurements using an fNIRS (functional near-infrared spectroscopy) device. This device consists of a headcap which shines light on your head to measure blood flow. Using fNIRS is also noninvasive and safe for people of all ages.
- Gut analyses looking at factors such as inflammation and type/number of bacteria and other microbes present.

All studies will be conducted at Binghamton University campus, UHS Vestal Hospital, or both locations. Depending on the requirements of the study, participants may be asked for approximately 1-4 hours of their time, split across 1-2 study sessions. Participants will earn up to \$80 for their time.

**Anyone who would like to know more is asked to reach out to either 607-444-2864 or [bingucamplab@gmail.com](mailto:bingucamplab@gmail.com).** Our lab members will discuss study options with you to help determine which option(s) best fits your interest. All interested participants will be screened to ensure study procedures are safe for them to do. Participation in this study is entirely voluntary.

## Medicare Open Enrollment Fall 2024

Action for Older Persons (AOP) offers no cost unbiased Medicare insurance counseling and financial assistance program application help. Medicare's Open Enrollment runs from October 15th - December 7th and is the one time each year that all Medicare beneficiaries can change their health care selection.

It is very important to review your Medicare plan each year as they can change significantly. For example:

- Plans make changes to their formulary (the drugs that they cover)
- Plans make changes to their premium (monthly cost)
- Plans make changes to their co-pays at the pharmacy or at the doctor/hospital as well as to other covered services
- Plans make changes to their network of doctors and hospitals
- Plans end their contract with specific pharmacies or pharmacy chains
- Plans cancel their contract with Medicare - canceling your plan completely
- New plans may become available that are more cost effective than your current plan

We are here to help. We have state certified, highly trained Medicare counselors and we offer both in person and phone appointments. AOP members may begin calling for an Open Enrollment appointment on Monday, September 16th at 8:30 am. All other clients may begin calling on Monday, September 23rd at 8:30 am. We ask for your patience as we answer the influx of calls on those days. AOP's phone number is **607-722-1251**.

### Technology Classes to Help Older Adults Become Tech Savvy

Join classes offered through the George F. Johnson Library.

#### **Tech 360 Computer & Internet Basics Two-Week Courses!**

Join our launch of the basic computer course Tech 360! This **two-week** course will cover **computer and internet** basics and build your tech skills. Patrons who complete the two-week course will receive a certificate of completion and a \$25 Dunkin Gift Card. Spots for each offering of the course are limited, but people on a waitlist will be given the first chance to register for new sessions as they are scheduled. Patrons can only take this course once.

Call the Tech Center at **607-757-5359** for more information.

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 [gjstechcenter@gmail.com](mailto:gjstechcenter@gmail.com) for more information!

**George F. Johnson Memorial Library**  
1001 Park St.: Endicott, NY 13760

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

#### **Vestal Library comes to the Vestal Senior Center**

Wednesday, September 11th 10AM  
Technology help!

#### **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](mailto: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**



## What You Can Do to Prevent Falls

Falls can be prevented. These are some simple things you can do to keep yourself from falling.

### TALK TO YOUR DOCTOR

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.

### DO STRENGTH AND BALANCE EXERCISES

- Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise. Tai Chi is offered at the Broome West Senior Center, please see the Health and Wellness section on page 2 for more information on Tai Chi and other available exercise groups.

### HAVE YOUR EYES CHECKED

- Have your eyes checked by an eye doctor at least once a year and be sure to update your eyeglasses if needed.

If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

### MAKE YOUR HOME SAFER

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

More for information, please visit <https://www.cdc.gov/falls/facts.html>

## September is Sepsis Awareness Month

### What is Sepsis?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body.

Infections that lead to sepsis most often start in the:

- Gastrointestinal tract
- Skin or Lung
- Urinary tract

Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure and death.

### Causes

Infections can put you and your loved ones at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis.

Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

### Prevention

Talk to a healthcare provider about steps you can take to prevent infections that can lead to sepsis, including:

- Take good care of chronic conditions, such as diabetes, lung disease, cancer, and kidney disease.
- Get recommended vaccines, since vaccinations can prevent or reduce the severity of some infections that can lead to sepsis.
- Keep hands clean.
- Keep cuts and wounds clean and covered until healed.

### Know the signs and symptoms of sepsis

A person with sepsis might have one or more of the following signs or symptoms:

- Clammy or sweaty skin
- Confusion or disorientation
- Extreme pain or discomfort
- Fever, shivering or feeling very cold
- High heart rate or weak pulse
- Shortness of breath

Healthcare providers should immediately evaluate and treat people who might have sepsis.

### Act fast

Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, act fast. Get medical care immediately. Ask a healthcare provider, "Could this infection be leading to sepsis?" and if you should go to the emergency room.

For more information, please visit <https://www.cdc.gov/sepsis/prevention/index.html>

## Sudoku Answers

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

## Your Food Choices Can Help You Manage Your Cholesterol Levels

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

September is National Cholesterol Education Month. Cholesterol is a soft fat-like substance naturally found in your bloodstream and all your body's cells. Your body makes all the cholesterol it needs, both the HDL (the healthier form) and the LDL (the less healthy form). If you have too much LDL cholesterol it can build up in the inner walls of your arteries, reducing blood flow to the heart and brain.

Making small changes in what you choose to eat can have a big effect on your health because cholesterol is found in many foods. The good news is cholesterol is only in animal products including poultry, beef, fish, eggs, and dairy products. Plant based foods have no cholesterol at all, so eating more fruits and vegetables, whole grains, nuts, and beans will reduce the amount of cholesterol in your daily eating.

Fatty fish, like salmon, tuna, and sardines have high levels of omega-3 fatty acids, which can reduce your triglycerides. Remember there is no magic food to just take care of cholesterol but choosing less of the prepared highly processed foods like chips, sugary drinks, deli meats, sausages, and fried foods will reduce the amount of cholesterol you are eating.

Some healthful choices include apples, grapes, berries, and citrus fruits; oats, barley, and other whole grains; lentils, beans-black, kidney, navy, garbanzo, and others; and small amounts of nuts.

Little food changes can improve your health!



# Mental Health Corner

## What is Mindfulness?

Paying attention to what's going on right this second can be hard. We often spend more time thinking about what's coming up in the future. Or dwelling on things in the past we can't change. We can miss out on experiencing the present.



It's possible to train yourself to focus on the present moment. You become aware of what's going on inside and around you—your thoughts, feelings, sensations, and environment. You observe these moments without judgment. This is called mindfulness. Mindfulness has its roots in Buddhist meditation. Meditation is a practice that aims to increase awareness of the mind and concentration.

Mindfulness can involve a sitting meditation that's practiced in a quiet space. In this practice, you focus on your breathing or sensations in your body. If your mind wanders—like thoughts popping in about things you need to do—you try to return your mind to the present moment.

But mindfulness doesn't have to be done sitting still or in silence. You can integrate the practice into things you do every day, like walking or eating. You can also be mindful while interacting with others.

Mental training can take time and dedication. Aim for a few minutes of mindfulness each day to start.

A body scan meditation can be a good way to connect with your body. It helps make you aware of how your body feels as you mentally scan from head to toe.

Start in a comfortable position with your eyes closed. Take several deep breaths. Then, notice your feet. How do they feel?

Let your scan travel up your body—legs, stomach, arms, hands, neck, and finally, head. Notice any sensations or discomfort. Try not to change or judge these feelings—you're simply checking in. Doing body scans on a regular basis can help increase mindfulness.

For more tips, please visit <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>

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# 5<sup>th</sup> annual CHALK THE WALK

have the talk

SEPTEMBER 8-16, 2024

The Annual Chalk the Walk, Have the Talk Awareness Campaign is in its 5th year honoring this September's National Suicide Prevention Month. It is a wonderful opportunity to help reduce stigma and raise awareness for Mental Health and Suicide Prevention. Throughout the month of September, there are many opportunities to participate. Creation of inspiring chalk art will take place Sunday, September 8, 2024, through Sunday, September 15, 2024. BCSAFE (Broome County Suicide Awareness for Everyone) encourage posting pictures of the chalk art on Facebook and Instagram to share with the community. In addition to chalking, individuals that wish to, may enter their artwork into the contest for a chance to win a monetary prize in one of four categories. Please note, anyone under 18 will need parent permission. To enter the contest, a link will go live on September 8, 2024 on BC Safe's website, where you will also find more information:

<https://gobroomecounty.com/mh/bcsafe>

See the Mark Your Calendar segment on page 5 for more information on the Gallery that showcases all the Chalk The Walk art created.

## CarFit Event



The Broome County Traffic Safety Program along with its partners will be conducting a **CarFit** Event at the Vestal Senior Center on September 4<sup>th</sup>.

As we age, we change. And how often do we adjust the features in our vehicle to accommodate those changes? **CarFit** is an educational program that helps drivers explore the safety features within their vehicle to ensure they are adjusted appropriately for their body so in the event of a crash, not only with they have the best control over their vehicle, but they will receive the optimal protection provided by those safety features. Participants will meet with a trained technician to ensure the safest and most comfortable "fit." It's free, it's easy and it only takes 20 minutes!

Appointments are encouraged but walk-ins are welcomed!

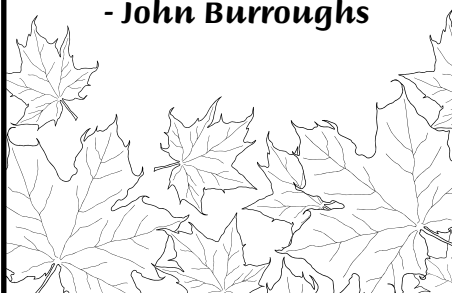
Where: Vestal Senior Center: 201 Main Street, Suite 4

When: Wednesday, September 4<sup>th</sup> from 10 - 12PM

Contact: Christine Marion, Broome County Health Department  
607-778-2807 • [Christine.Marion@broomecountyny.gov](mailto:Christine.Marion@broomecountyny.gov)

*"How beautifully  
leaves grow old.  
How full of light  
and color are  
their last days."*

- John Burroughs




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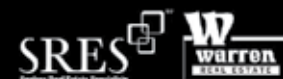
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# September Menu - Bon Appétit!

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

<b>Centers Closed for Labor Day</b> 2	<b>Breaded Chicken Sandwich</b> 3 Minestrone Soup Pears Oatmeal Raisin Cookie	<b>Pierogies w/Kielbasa</b> 4 Garden Salad Pineapple Upside Down Cake	<b>Manicotti</b> 5 Sausage Florentine Soup Cauliflower w/Parsley Fresh Melon	<b>Roast Pork OR Broiled Fish w/Lemon</b> 6 Mashed Potatoes Diced Beets Applesauce
<b>Ziti Sausage Bake</b> 9 Carrots Wax Beans Peaches	<b>Beef Stroganoff OR Broiled Fish w/Lemon</b> 10 Buttered Noodles Peas Double Chocolate Cookie	<b>Chicken Salad Croissant</b> 11 Tomato Florentine Soup Cottage Cheese Pineapple	<b>Chicken Florentine OR Halupki</b> 12 Mashed Potatoes California Blend Vegetables Ice Cream Cup	<b>Pulled Pork OR Breaded Fish</b> 13 Four Cheese Macaroni Coleslaw Sherbet Cup
<b>Chili</b> 16 Baked Potato Country Blend Vegetables Applesauce	<b>Teriyaki Chicken OR Apricot Meatballs</b> 17 Brown Rice Pilaf Oriental Blend Vegetables Pineapple	<b>Roasted Chicken OR Liver w/Onions</b> 18 Mashed Potatoes Peas w/Pearl Onions Banana	<b>Ham OR Beer Battered Fish</b> 19 Pierogies w/Onions Broccoli Florets Tapioca Pudding w/Mandarin Oranges	<b>Grandma's Meatloaf OR Fish Florentine</b> 20 Mashed Potatoes French Cut Green Beans Spice Cake
<b>Beef Stew over a Biscuit</b> 23 Peas Warm Spiced Apples Oatmeal Raisin Cookie	<b>Pub Burger</b> 24 Canadian Cheese Soup Pears Blueberry Muffin	<b>Halupki OR Salisbury Steak</b> 25 Mashed Potatoes Country Blend Vegetables Chocolate Chip Cookie	<b>Marinated Chicken OR Sausage Link</b> 26 Baked Potato Garden Salad Peach Cobbler	<b>Manicotti</b> 27 Italian Green Beans Garden Salad Vanilla Cake
<b>Four Cheese Macaroni &amp; Cheese</b> 30 Stewed Tomatoes Brussels Sprouts Double Chocolate Cookie	<b>September is National Senior Center Month!</b> This month, every time you have a meal at a local senior center you get a chance to win a deal! <b>September Evening Meals:</b> - September 10 at the Broome West & Northern Broome Senior Centers - September 19 <sup>th</sup> at the Eastern Broome Senior Center			

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](http://www.gobroomecounty.com/senior).

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

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