



Visit Our Website at www.gobroomecounty.com/senior



Aging successfully means something unique to each of us, whether it's staying active, maintaining independence, or simply enjoying life's journey. Whatever your vision, your Office for Aging is dedicated to supporting you every step of the way. We offer a wealth of resources including case management, caregiver services, information and assistance, legal support, exercise and nutrition programs, recreation, and much more, all designed to help you thrive. Learn more about all the services available through Office for Aging on page 12.

OPEN HOUSES AT THE SENIOR CENTERS

How Lucky is Broome County that we have Eight Unique Senior Centers!

Since last month was National Senior Center Month, we took that opportunity to showcase the eight senior centers that are in Broome County. We'd like to extend that through the months of October and November with each of the eight centers hosting an Open House to showcase all the valuable programs, activities and services that they offer. These events are designed to be a relaxed, welcoming opportunity for potential members to explore our services and meet our staff without feeling overwhelmed by the regular daily activity. Each of the eight centers provide access to information, opportunities, and support to improve the lives of people as they age but they all also have their own special niche. We'd like to share that "niche" with you!

Open House Dates and Locations:

October:

- 3rd Broome West in Endwell
- 13th Chenango Bridge
- 20th First Ward in Binghamton
- 22nd Vestal
- 28th Deposit

November will feature the Johnson City and Northern Broome Senior Centers.

Eastern Broome had their Open House in September with a Fun Fest, they certainly know how to have fun! They celebrated with lots of food treats, raffles, sales, a magician and live music! These are some of the exciting events that happen at every center, and we'd like to share the good time with you.

See the Look What's Happening section of this publication for specific Open House and Senior Center details.

Find Your Way with OFA!

Do you feel unsure about what programs and services exist in the community? Do you feel lost trying to figure out how to access the help you need? Office for Aging (OFA) can help you find your way!

On Tuesday, October 14, from 10am-2pm at Broome West Senior Center, located at 2801 Wayne St. Endwell, our OFA Public Health Nurse and an OFA Caseworker will be available to speak with you and answer questions.

OFA can provide you with information on long term services and supports that can help you to remain independent. We can help you understand care options, learn about resources for caregivers, and help you to access a range of services including financial benefits, in-home services, transportation options, health & wellness opportunities, opportunities for socialization, and more. Please note that our Public Health Nurse does not provide hands on care.

If you are unable to attend the event but would still like to speak to a representative from Office for Aging, please call **607-778-2411**.

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/





**Motivation
with MaryJane**

Where to Get a Flu Shot in Broome County

Wegmans Pharmacies

- Wegmans is offering the influenza vaccine for the 2025–26 flu season. You can either walk in during normal business hours or book an appointment online: www.wegmans.com/pharmacy/immunizations

CVS Pharmacy

- Patients can schedule flu shots online via CVS.com, the CVS app, or by texting "FLU" to 287898.

Local Healthcare Providers

- You may also schedule via your primary care provider or a local clinic.

**USING BLENDERS FOR
BETTER NUTRITION**
Join Office for Aging Staff for an
Informative Discussion and Demonstration on How to Use a Blender
to Improve your Nutrition and Overall Health.



UPCOMING SESSIONS:
Vestal Senior Center
WEDNESDAY, OCTOBER 8TH AT 10:30AM
Deposit Senior Center
THURSDAY, OCTOBER 9TH AT 11AM
First Ward Senior Center
WEDNESDAY, OCTOBER 22ND AT 11:15AM
Eastern Broome Senior Center
THURSDAY, OCTOBER 23RD AT 12:15PM
Broome County
Office for Aging 

- Learn the benefits of using a blender
- Join us and receive Nutritious Recipes
- Participate in a FUN raffle, enter to WIN a brand-new blender.

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 (Harpursville)

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 (Harpursville)

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 Yoga

Mondays 9:00AM

ZOOM – Chair Drumming Exercises

Mondays 2:00PM

ZOOM – Chair Dance and Yoga

Tuesdays 9:00AM, Wednesdays 11:00AM,
Thursdays 9:00AM, Fridays 11:00AM

ZOOM – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:
Date: Monday, October 6th **Time:** 1 - 2:30PM
Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

NEW! Caregiver Chat will be held the second Wednesday of the month at the Broome West Senior Center (2801 Wayne Street, Endwell), starting October 8th 1-2:30PM. Yesteryears Group Respite will be available to provide care for your loved one during the session. If you will be needing care for your loved one, please RSVP by calling **607-785-0494**.

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, October 4th 11 – 2PM • First Saturday of the Month
St. Anthony’s Church Hall • 300 Odell Ave, Endicott

Saturday, October 11th 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, October 18th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, October 25th 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, October 8th 11 – 1:30PM • Second Wednesday of the Month
India Cultural Center • Route 26, Vestal
For more information or to RSVP, please call 607-624-6587.



DO YOU...

Help someone with medical needs?
Talk to their doctor?
Pick up their medication?
... Feel like you are always "On Call"?

**You are a caregiver.
Support is available.**

NEW YORK State Office for the Aging Call NY Connects 1-800-342-9871



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!



TREAT YOURSELF TO RESPITE WITH SOCIAL SATURDAYS


Social engagement for your loved one who may be socially isolated or experiencing memory issues.

ST ANTHONY’S/ST JOE’S/ ST AMBROSE
October 4th 11 -2PM • RSVP at 607-754-4333
St Anthony’s Church Hall

GRACE’S PLACE
October 11th 1 - 4PM • RSVP at 607-748-0840
Rich Modafferi will present “Wild, Wild West” TV show music themes.

ST. MARY’S KIRKWOOD
October 18th 11 -2PM • RSVP at 607-775-0086
October Respite will be Oktoberfest.
We will be making homemade soft pretzels!

ST VINCENT BLESSED SACRAMENT
October 25th 11 - 2PM • RSVP at 607-778-2946



Respite Options for Caregivers

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

4th Saturday: St. Vincent de Paul Blessed Sacrament:
465 Clubhouse Rd Vestal • 607-778-2946

2nd Wednesday: Indian Cultural Center
1595 State Rt 26 Vestal • 607-624-6587

Call Broome County Office for Aging for more information **607-778-2411**

Events at the Centers

Broome West Senior Center

Friday, October 10th
Team Trivia with Deanna and Gene
1:15PM

No sign up required!

Chenango Bridge Senior Center

Wednesday, October 22nd
Bake Sale!
10 – 2PM

Bring your sweet tooth!

Deposit

Every Tuesday
BINGO
1 – 2PM

Eastern Broome

Wednesday, October 22nd
EBSC 25th Anniversary Celebration and Volunteer Recognition

10AM Refreshments
11AM Volunteer Recognition
12PM Luncheon – Roast Turkey, Sides and Peanut Butter Pie
Cups
12:30PM Musical Entertainment by Adrian Skarvinko

First Ward

Thursday, October 9th
Grill Day: Grilled Ham & Cheese w/ Homemade Vegetables
Soup with Musical Guest, Nino Samiani 11:45AM

Johnson City

Krispy Kreme Doughnuts
Preorder (at JCSC or on our website) by Friday, 10/17th

Original glazed, chocolate iced, raspberry-filled, white crème-filled, lemon-filled available at \$12 a box

Pickup on Wednesday, 10/22 (12 – 4pm) or Thursday, 10/23 (9am – 4pm)

Northern Broome

Friday, October 10th
Presentation by Action for Older Persons (AOP) on Medicare Updates for 2026
11:15AM

Vestal

NEW Genealogy Class!
Thursday, October 30th
1PM

Ever wonder where your family tree leads? Well come explore Intro to Genealogy. Classes will be the 1st and 3rd Thursday of the month. Your adventure awaits!

Ask the Office:

"Sometimes I want to go places like the library or senior center, but since I don't drive, it's hard to figure out how to get there."

Navigating transportation services can definitely be a challenge. The good news is that there are a few options you can explore.

Office for Aging (OFA) has a transportation service called the OFA Mini Bus. The Mini Bus can be used for transportation to medical appointments as well as other activities or locations within the coverage area. To use this bus service, you have to be 60 or older and must have on OFA ID Card. This service works best if you have a set time you want to be at your destination so you can make a reservation to be picked up and another reservation for a return ride.

The bus runs Monday through Friday from 9 am-4 pm and each ride is a suggested voluntary contribution of \$2.00. This bus serves the urban areas of Broome County: Binghamton, Johnson City, Endicott, Endwell, Chenango Bridge, parts of Kirkwood and Conklin. To sign up for the OFA ID card please call **607-778-2411**.

Another option is to utilize Mobility Management services through the Getthere Call Center. Older adults have access to transportation services through special Office for Aging funding. Getthere also provides trip planning and travel training, including how to use the OFA Mini Bus. Staff are knowledgeable about a wide range of transportation options across the region. Call Getthere at **1-855-373-4040**.

If you need to private hire for transportation, consider using the Senior Helpers program. This program maintains lists of registered workers who are 55+ and available for hire. To get a list of registered workers please call **607-778-6105**.

If you're interested in learning more or need help deciding which option is best for you, please give us a call at **607-778-2411**.



Downsize & Declutter Discussion with Joan

Whole house decluttering is overwhelming. Chipping away daily offers some relief. Having a goal in mind might do the trick. Try the 12-12-12 method, weekly if possible: 12 to put away, 12 to give away, 12 to throw away.

Learn more at our Declutter Discussion on Tuesday, October 14th at 3PM at the Broome West Senior Center or on Zoom.

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

TAX VOLUNTEERS NEEDED

AARP Foundation Tax-Aide is looking for volunteers to staff our free tax preparation sites in Broome County for ten weeks in February, March and April (first half) in 2026. We will help you train through high-quality self-study materials that you can use on your own schedule. In addition, there will be weekly check-in sessions with a mentor assigned to you and an entire training team to help you along. We are looking for individuals that possess the following skills:

- Ability to use a laptop or desktop computer
- Desire to help older or low-income citizens
- A friendly personality
- Comfortable with numbers
- An ability to work well with other preparers
- Comfortable using Tax-Aide resources to look up information as needed
- You do not need to be a tax expert!

If you are interested in pursuing this type of unpaid volunteer activity, contact Keith at keithhbroomeny3@gmail.com, Donna at aldonturn@aol.com , or sign up at <https://www.aarp.org/volunteer/programs/tax-aid/>

**“Your body holds deep wisdom. Trust in it.
Learn from it. Nourish it. Watch your life
transform and be healthy.”**
— Bella Bleue



Mark Your Calendar! Upcoming Community Events

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, October 3rd 10 – 4PM
Saturday, October 11th 10 – 2PM
Friday, October 17th 10 – 4PM

Broome County Public Library

185 Court Street, Binghamton
Friday, October 10th 10 – 2PM
Saturday, October 11th 10 – 1PM

First Friday

Downtown Binghamton
Friday, October 3rd 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/>

Broome County Regional Farmers Market

840 Front Street, Binghamton
Saturday, October 4th 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/artisans, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

Health Education Talk by BU Physical Therapy

Broome County Public Library, Decker Room
185 Court Street, Binghamton
Tuesday, October 7th 6 – 7:30PM
Receive health education to prevent falls from physical therapy's perspective.

Mindful Moments: Alzheimer's & Dementia Support Group

George F Johnson Memorial Library, Scott Room
1001 Park Street, Endicott
Monday, October 13th 2 – 3:30PM
This monthly circle welcomes anyone providing care to someone with memory loss. Come for thoughtful conversation, emotional support, and a chance to share stories with others walking a similar path. Each session includes time for open discussion, resource sharing, and optional relaxation techniques to ease caregiver stress.

Sock Out Cancer Benefit Concert: The Beatles vs The Rolling Stones: A Tribute to These Two Iconic Bands

Broome County Forum Theatre
Saturday, October 18th 7 – 9PM
<https://www.sockoutcancer.org/concerts> Tickets are \$44.95
"Come Together" for a spectacular evening of music while supporting local cancer patients and their families! **The Beatles vs The Rolling Stones: A Tribute to These Two Iconic Bands**, will feature timeless hits from these two legendary groups. 100% of the net proceeds will benefit the cancer patients of Guthrie, UHS and Upstate Golisano Children's Hospital. Your support truly makes a difference!



Scam of the Month

Navigating Medicare Open Enrollment: Protecting Yourself from Scams

As Medicare open enrollment approaches, millions of older Americans are preparing to review and adjust their healthcare coverage.

Medicare scams have become increasingly sophisticated, with promises of better coverage, free services, or urgent updates to their plans. These scams often exploit the trust Medicare and can result in financial loss, lack of needed medical coverage, compromised personal information, and confusion about legitimate healthcare options.

To safeguard yourself during Medicare open enrollment and throughout the year, here are essential tips to protect against scams:

1. **Understand Medicare Basics:** Educate yourself about the fundamentals of Medicare coverage, including Parts A, B, C (Medicare Advantage), and D (Prescription Drug Plans). Knowing what each part covers and how they work together will help you spot fraudulent claims or offers that sound too good to be true.
2. **Be Cautious of Unsolicited Contacts:** Beware of unexpected phone calls, emails, or door-to-door visits offering new Medicare cards, upgrades, or free medical services. Medicare will never call you unsolicited to ask for personal information or offer services.
3. **Verify Information:** If you receive a call or message claiming to be from Medicare, hang up or delete the message. Instead, contact Medicare directly using the official phone number or website listed on your Medicare card to verify the authenticity of the communication.
4. **Guard Your Personal Information:** Never share your Medicare number, Social Security number, or bank account information with anyone you don't trust. Legitimate Medicare representatives will not ask for this information over the phone or via email.
5. **Review Your Medicare Statements:** Regularly review your Medicare Summary Notices (MSN), Explanation of Benefits (EOB), and any statements from your healthcare providers. Look for any charges for services or equipment you did not receive and report errors immediately.
6. **Use Trusted Sources:** Seek advice from reputable sources such as Medicare.gov, the State Health Insurance Assistance Program (SHIP) called HIIICAP in New York, or certified Medicare counselors. These resources can provide reliable information about your Medicare options without the risk of a scam. In Broome County, Action for Older Persons are our local HIIICAP Medicare experts. They can be reached at 607-722-1251. There is no cost for this service, and they do not work for any insurance company.
7. **Report Suspected Scams:** If you believe you have encountered a Medicare scam or have been targeted, report it immediately to Medicare at 1-800-MEDICARE (1-800-633-4227) or the Federal Trade Commission (FTC) at [ftc.gov/complaint](https://www.ftc.gov/complaint). Reporting scams helps protect you and others from falling victim to fraudulent activities.

Remember that knowledge and caution are your best defenses against scams. By staying informed, verifying information, and protecting your personal information, you can navigate the complexities of Medicare with confidence and security. Together, let's ensure that Medicare open enrollment is a time for positive changes in healthcare coverage, not a time for fraud and deception.

Trivia

How many states does the Appalachian Trail cross?

Answer: 14

Halloween Parties

PRESENTED BY

Your Local Senior Centers



OCT 31ST

Come celebrate Halloween dressed in your favorite costume and enjoy games, raffles, refreshments, costume contests, and a delicious lunch served around noon.

Enjoy a delicious lunch of chicken cordon bleu or beer battered fish, sides and red velvet cake for dessert. Advance lunch reservations are required. Please call a center to make your meal reservations by Noon on October 30th and learn more about the day's special activities. Phone numbers are listed on the Look What's Happening at the Centers section of this paper.

People aged 60 and older and their spouse of any age may dine for a voluntary suggested contribution of \$4.00. All others may dine for a charge of \$5.00.

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



Trips

Conklin Seniors
Contact: Kathy 607-775-0880

November 12th – 14th - Lancaster, PA - American Music Theater Christmas Show and More

Kirkwood Senior Trips
Contact: Jeanie 607-655-2685

October 15th - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)
December 2nd - Elvis for Christmas at Penn's Peak

Johnson City Senior Center
Contact: Lucy 607-427-6143

November 6th - Thanksgiving at Nellie's
November 12th - Hunterdon Hills Playhouse Christmas
December 3rd - Villa Roma - Motown Tribute
December 6th - Skaneateles – Dickens Christmas
December 11th - Southern Tier Stables

Port Crane Seniors
Contact: Donna 607-648-6071

October 15th - Turning Stone
November 5th - Hunterdon Hills Playhouse "Playhouse Christmas"



Nature Walking Club

The Nature Walking Club invites you to join them for a NEW season of outdoor exploration.

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. Come join this fun group!

October 9th 10AM - Chenango Valley State Park

- After entering the park, at the entrance kiosk, follow the directions to Tween Lake. We will meet by the pavilion.

October 23rd 10AM - Choconut Creek

- Park and meet at the right side of the Weis parking lot on Main Street in Vestal.

November 13th 10AM - Binghamton University Nature Preserve

- Park and meet at the south end of Leigh Avenue in Vestal.

December 11th 10AM - Brick Pond in Owego

- From Rt 17C in Owego, make a sharp R turn on 5th Avenue, over the railroad tracks to a parking area on the right. You're welcome to stay with us in Owego for lunch and then go to Tioga County Historical Museum to view all the Christmas trees decorated by local groups to be auctioned off as a fundraiser.

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



LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ meeting will be Wednesday, October 15th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City



LEVENE GOULDIN & THOMPSON, LLP


ATTORNEYS AT LAW


Elder Law • Asset Protection Long Term Care Planning


Handicapped Access
Free Parking
Certified Elder Friendly


450 Plaza Drive, Vestal, New York
LGTLegal.com • 607.763.9200


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 October, we will be walking thru Singapore, Mexico City, Ennistymon, Assisi, Lisbon, Bahia and Assin Manso. These are free classes, and no reservations are required.


- 

October 8th 10AM
Virtual walking tour through Singapore (streamed to the Johnson City and Northern Broome Senior Center)
- 

October 14th 2:30PM
Virtual walking tour through Mexico City, Mexico (streamed to the Johnson City Senior Center)
- 

October 15th 11AM
Virtual walking tour through Ennistymon, Ireland (streamed to the Broome West Senior Center)
- 

October 16th 10AM
Virtual walking tour through Assisi, Italy (streamed to the Broome West, Johnson City and Vestal Senior Center)
- 

October 20th 1:30PM
Virtual walking tour through Lisbon, Portugal (streamed to the Broome West Senior Center)
- 

October 23rd 11AM
Virtual walking tour through Bahia, Brazil (streamed to the Deposit, Northern Broome and Vestal Senior Center)
- 

October 28th 12:30PM
Virtual walking tour through Assin Manso, Africa (streamed to the Broome West, Northern Broome and Vestal Senior Center)



AVRE
Your world without limits

Do you or someone you know have trouble reading mail, recognizing faces, or getting around?

AVRE provides **free vision rehabilitation services**, including training in daily tasks like cooking, using technology, and traveling safely - so you can stay independent and maintain your quality of life.

Contact us to learn how we can help.

(607) 724-2428 | www.avreus.org

PAID ADVERTISEMENT



Broome West Senior Center

21ST ANNUAL HOLIDAY CRAFT SHOW

2801 Wayne Steet, Endwell
(off Watson Blvd.)

SATURDAY, OCTOBER 18TH • 10 – 3PM

Come enjoy a unique variety of handcrafted items!

- Delicious Food • Awesome Bake Sale
- Door Prizes • Raffles

Free admission.

All proceeds benefit the Broome West Senior Center Site Council

Please call 607-785-1777 with any questions.

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.

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



Asian Mango Chicken Wraps

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap.



Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.

<https://www.myplate.gov/recipes/asian-mango-chicken-wraps>

Chili Cheese Hominy

If you've never tried hominy before, you are in for a treat! This dish makes a great comfort food with a creamy texture and a spicy and flavorful flare.



Ingredients

- 1 teaspoon vegetable oil (or cooking oil of choice)
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 4 cups instant white or yellow hominy, cooked
- 2 cans (4 ounces each) chopped green chiles, drained
- 1 cup non-fat sour cream
- 1 teaspoon chili powder
- 1/8 teaspoon black pepper
- 3/4 cup shredded cheddar cheese, divided

Directions

1. Heat oil in a large skillet over medium high heat (350 °F in an electric skillet). Add onion and cook until tender, about 2 to 3 minutes.
2. Stir in hominy, green chiles, sour cream, chili powder and pepper. Add half of the cheese and mix well.
3. Reduce heat to medium (300 °F in an electric skillet). Cover and cook until heated through, about 3 to 5 minutes.
4. Sprinkle remaining cheese on top. Cover and cook until cheese melts, about 5 minutes.

<https://www.myplate.gov/recipes/chili-cheese-hominy>

Minestrone Soup

Prepare delicious soup in a snap!

Ingredients

- 1 package (10 ounces) frozen vegetables, any type
- 2 cans (14.5 ounces each) low-sodium stewed tomatoes
- 2 cans (14.5 ounces each) low-sodium broth, any flavor
- 1 can (15.5 ounces) low-sodium beans, any type
- 1 cup dry pasta, any type



Directions

1. In a large pot, combine frozen vegetables, tomatoes, broth and beans.
2. Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6 to 8 minutes or until the pasta and vegetables are tender.

<https://www.myplate.gov/recipes/minestrone-soup>

Shirini

A tasty pumpkin dessert that will delight your dinner companions. Shirin means "sweet" in Kurdish!



Ingredients

- 1 1/4 cups granulated sugar
- 1/2 cup water
- 4 winter squash (1 1/4 pounds of butternut, acorn, or pumpkin)
- 1/2 cup chopped walnuts
- 1/2 teaspoon cinnamon (optional)

Directions

1. Boil the sugar and water until it forms a thick syrup in a medium saucepan.
2. Wash the pumpkin, peel it, remove the seeds, cut into pieces, and cook in the syrup until it is very thick and almost all absorbed.
3. Arrange the pumpkin on a plate and decorate with walnuts and cinnamon (optional).

<https://www.myplate.gov/recipes/shirini>

Trivia

Which chemical element gets its name from the Greek word for "violet colored"?

Iodine


METRO Interfaith Housing Management
The Key to Housing in Greater Binghamton Since 1968

Elderly/Handicapped Housing
772-6766

Licensed Enriched Housing Provider

- Metro Plaza Apartments
110 Chenango Place
- Lincoln Court Apartments
21 New Street

www.metrointerfaith.org

 HUD Housing Counseling Agency
 (607) 723-0582 

PAID ADVERTISEMENT

The SEPP Group  **Affordable Independent Living**
 HOUSING • MANAGEMENT • DEVELOPMENT

- Creamery Hills Apartments
Harford, NY (607) 844-8229
- Hamilton House Apartments
Binghamton, NY (607) 724-6102
- Harry L Apartments
Johnson City, NY (607) 217-7332
- Marian Apartments
Endwell, NY (607) 785-5223
- Nichols Notch Apartments
Endicott, NY (607) 754-0579
- Watkins Glen School Apartments
Watkins Glen, NY (607) 535-4181
- 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

53 Front Street, Binghamton, NY 13905

PAID ADVERTISEMENT

2025 HOLIDAY RECIPE CONTEST



RECIPES
MUST BE
RECEIVED
BY
OCT. 15TH
TO BE
INCLUDED
IN THE
CONTEST.

Let's show off the recipes that everyone looks forward to around the holidays! The winning recipe will be made by the editor, photographed, and included in the December 2025 edition of the Senior News. Feel free to include all types of recipes such as appetizers, desserts, dinner entrées, cookies, and other holiday goodies.

Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people get together to eat" – Guy Fieri

Send your name, phone number, and recipe to:
Broome County Office for Aging
Attention: Senior News
PO Box 1766
Binghamton, NY 13902
Or email ofa@broomecountyny.gov

*We hope
you enjoy this
simple craft idea!*

PUMPKIN MADE OF BUTTONS

Supplies Needed:

- Assorted Buttons (preferably orange, green and brown but you can use whatever colors you'd like)
- Pencil
- Base (paper, canvas, side of a recycled box)
- Glue (or sewing supplies, if you'd like to connect the buttons that way)

Directions

Step One:

Use your pencil to draw a basic pumpkin shape on your base of choice. It does not have to be perfect!

Step Two:

Arrange your buttons on the drawing how you want them to be on the final project.

Step Three:

Begin one by one gluing (or sewing) each button in place.

Step Four:

Display your hard work! Frame your work and put it on the wall, give it to a loved one, or put it on the fridge.

Tips

- Layer buttons to create a 3D look.
- Your pumpkin doesn't have to be orange, mix it up with other fun colors that will match your home.
- Paint/color in your pumpkin drawing before adding the buttons for more color.

SENIOR DISCOUNT GET 10% OFF with Clean Hamper

Our services include washing and folding, specialty cleaning of larger items, stain and spot removal, hang drying, and ironing.

- ✓ WASH & FOLD
- ✓ PICKUP & DELIVERY
- ✓ DROP OFF & PICKUP
- ✓ LOCALLY OWNED
- ✓ PAY & ORDER ONLINE, ANY TIME
- ✓ RESIDENTIAL & COMMERCIAL SERVICES



Clean Hamper
CLEAN & CONVENIENT. AT YOUR DOORSTEP



607-846-3685 • 790 Conklin Road, Binghamton, NY



Lyceum by Binghamton University

Lyceum is a lifelong learning institute for adults, offering over 150 creative, enriching courses on a wide range of topics. Our program will stimulate your intellectual curiosity and widen your connections to our community.

Expand Your Knowledge and Skills: Lyceum offers short courses in fields such as anthropology, art, history, literature, music, political science, religion, sociology, and science, as well as practical courses on food, gardening, health, personal safety, and technology. "Armchair Travel," "Notable Fiction," and "Notable Nonfiction" are very popular series.

Volunteer course leaders are specialists in many areas: college professors, Lyceum members who have pursued an interest in depth, and knowledgeable community members.

Most classes are offered simultaneously in our classroom at WSKG studios in Vestal (601 Gates Road) and online via Zoom. Our online platform reaches anyone who cannot attend in person. Approximately 14% of our members live outside the area.

Building Connections: Lyceum also offers field trips, local tours, dinners, discounted admission to local concerts and theater productions, and special events to our members.

For more information, contact Lyceum Director Rhonda Branca by emailing rbranca@binghamton.edu or by calling 607-777-2581.

Look What’s Happening at the Centers!

****Meal reservations are needed by noon the business day prior for all Senior 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 10AM; 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

10/2 Legal Aide 9AM Call for an appointment.
10/3 Open House “Everyone is Welcome” Entertainment by Friday at Fred’s and Pasta with Chili Dogs for lunch. 11AM
10/7 Medicare Updates for 2026 presentation by Action for Older Persons (AOP) 11:30AM
10/8 GFJ Library Tech Class 11AM
10/9 "Gene Editing Utilizing CRISPR" presentation live streamed by Kopernik Observatory & Science Center 1PM
10/10 Team Trivia with Deanna and Gene 1:15PM
10/13 Entertainment by Mike’s Jukebox 11AM
10/14 Find Your Way with OFA! OFA Staff present to answer questions. 10 – 2PM
10/14 Downsize and Declutter with Joan 3PM
10/15 Discover Live: Ennistymon, Ireland 11AM
10/16 Discover Live: Assisi, Italy 10AM
10/16 Fly Fishing Group 1PM
10/17 Pizza Day 11AM Center closing at 12PM
10/18 Broome West Annual Craft Show 10 – 3PM
10/20 Discover Live: Lisbon, Portugal 1:30PM All other activities are cancelled.
10/21 Chop and Chat (Faith in Action) 1PM
10/24 Activity Room Closed 9 – 3PM
10/28 Discover Live: Assin Manso, Africa 12:30PM
10/28 Bright and Beautiful Therapy Dogs 12:30PM
10/31 Halloween Bash with DJ Johnny Only 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 11:30AM | 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
Thursday: 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:

10/1 – 10/22 Boscov’s “Friends Helping Friends” shopping passes available for \$5. Can be used on 10/22 for 25% off while shopping at Boscov’s.
10/1 Clover Chat 12:30PM
10/3 & 20 Horse Racing Board Game 10:30AM
10/6 & 27 Chop and Chat with Kathie 10:30AM Call to reserve your spot.
10/10 & 31 Bingo with Sallie 10:30AM
10/13 Open House with Entertainment by Friday at Fred’s 10AM
10/17 Mending by Sallie 10:30AM Bring in a clothing item you need mended for repair.
10/17 Nutrition presentation by Kathleen Cook, CCE 12PM
10/22 Bake Sale 10 – 2PM
10/31 Halloween Get Together 10AM

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 1 - 2PM ; Tai Chi 2 – 3PM
Thursday: Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

Special Activities

10/9 Using Blenders for Better Nutrition presentation by Donna and Bridget, OFA 11AM
10/23 Discover Live: Bahia, Brazil 11AM
10/28 Open House with Onsite Cooking 10 – 2PM
10/30 Halloween Party 11AM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2:30PM
Crowe’s Nest Gift Shop: Monday – Friday, 9 – 2PM

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

10/3 Burger Bar 11:30 – 12:30PM
10/6 October birthday celebrations! 10:30AM
10/7 “How Seniors Get their Medications” presentation by Binghamton University Pharmacy School 12:15PM
10/8 Officers and Finance Meeting 9:15AM
Senior Center Site Council Meeting 10:45AM
10/8 Medicare Updates for 2026 presentation by Action for Older Persons (AOP) 11:45AM
10/9 Evening Meal with Live Music by the Cellar Yellers 4:30PM Entertainment at 5:15PM
10/10 Craft Class – Make decorations for our Fall tree! 10AM
10/15 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM
10/16 Golden Griddle – Baked Potato Bar 11:30 – 12:30PM
10/22 EBSC Anniversary Celebration 9 – 2:30PM
10/23 Using Blenders for Better Nutrition presentation by Donna and Bridget, OFA 12:15PM
10/27 Cows, Pigs and Horses Boardgame 10AM
10/29 Legal Aid 9 – 12PM Call for an appointment.
10/31 Halloween Party – Refreshments 9AM Indoor Costume Parade 11AM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905
Center Hours: Mon- Fri 8:30 - 3:30PM
Lunch served at 11:45AM | Center: 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; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramics 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details); Open Shuffleboard 1PM
Thursday: Stitch and Stuff 9AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

10/1 Chorus Resumes 9:30AM
We are looking for new members so please attend!

- 10/2 Executive Board Meeting 9:30AM
- 10/6 Legal Aid 9AM Appointments required, please call.
- 10/7 Chop & Chat (Faith in Action): Rainbow Rice Salad 1PM
Advanced registration required.
- 10/9 Grill Day with Musical Guest, Nino Samiani 11:45AM
- 10/10 Film Friday: “Practical Magic” 1PM Free popcorn, soda for sale.
- 10/13 Columbus Day, Center Closed
- 10/14 Nutrition presentation by Kathleen Cook, CCE 12PM
- 10/14 Neighborhood Watch Meeting 6PM
- 10/15 Lunchtime Trivia 12PM
- 10/20 Open House featuring Breakfast for Lunch: Scrambled Eggs w/ Bacon, Hashbrowns and Toast 10:45 - 12:15PM (no take-out available)
- 10/20 & 27 Line Dancing 1PM & 2PM
- 10/22 Using Blenders for Better Nutrition presentation
by Donna and Bridget, OFA 11:15AM
- 10/23 & 24 AARP Driver Safety 9 - 12:15PM
Advanced registration required.
- 10/24 Film Friday: “The Conjuring” 1PM Free popcorn, soda for sale.
- 10/28 Medicare Updates for 2026 presentation
by Action for Older Persons (AOP) 12PM
- 10/28 Chop & Chat: Menu TBA 1PM Advanced registration required.
- 10/31 Halloween Luncheon w/ Musical Guest, Mike’s Jukebox 11:30AM

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); Chair Exercises for Mobility 1 – 2PM (no fee)
Tuesday: Guitar Group 9 – 12PM (\$2); 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; Ukulele Group 9:30 – 11AM (\$3); 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); Chair Exercises for Mobility 1 – 2PM (no fee)
Thursday: Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3)
Friday: Gentle Yoga 10 – 11AM (\$3); Line Dancing 11:15 – 12:15PM (\$3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

- 10/1 – 10/22 Boscov’s “Friends Helping Friends” shopping passes available for \$5. Can be used on 10/22 for 25% off while shopping at Boscov’s.
- 10/1 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 10/2 Guthrie/Lourdes Mammography Van (at the JC Walmart/Visions Parking Lot) Call 607-798-5723 to schedule an appointment. 9 – 3PM
- 10/3 BU Nursing Students 9 – 1PM
- 10/3 & 17 Art Workshop \$3 10 – 12PM
- 10/3, 10, 17, 24 & 31 Poetry Group 12:30PM Size is limited; call to pre-register.
- 10/6, 13, 20 & 27 Greater Good Grocery Bus 11 – 12PM
- 10/6 Caregiver Chat by Broome County Office for Aging 1 – 2:30PM
- 10/7 BU Nursing Students 9 – 1PM
- 10/8 Discover Live: Singapore 10AM
- 10/8 Book Club (Pack Light: A Journey to Find Myself by Shilletha Curtis) 3 – 4PM
- 10/9 Veterans Get Together 10 – 11AM
- 10/10 & 24 Left-Right-Center Dice Game (\$3 to play) 11 – 11:45AM
- 10/13 Medicare Updates for 2026 presentation
by Action for Older Persons (AOP) 11:30 – 11:45AM
- 10/14 28 Widow & Widowers Support Group 10 – 11AM
- 10/14 Discover Live: Mexico City 2:30PM
- 10/15 LGBTQ+ Senior Social Group 3 – 4PM
- 10/15 Alzheimer’s Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required; call ALZ at 315-472-4201 x227.
- 10/16 Legal Aid 9 – 12PM Call 607-797-3145 for an appointment.
- 10/16 Discover Live: Assisi, Italy 10AM
- 10/21 Chop & Chat (Faith in Action) 11– 12PM Signup by 10/14.

- 10/21 Rick Marsi: The Changing Face of Nature 1 – 2PM
- 10/22 Haircuts 10 – 11:30AM Call for an appointment.
- 10/22 Krispy Kreme Donut Orders – Available to Pick up 12 – 4PM
(need to pre-order by 10/17)
- 10/23 Krispy Kreme Donut Orders – Available to Pick up 9 – 4PM
(need to pre-order by 10/17)
- 10/23 & 10/24 AARP Driver Safety 1 – 4PM Call to enroll.
- 10/31 Halloween Luncheon – join us in costume! 11:45aAM
- 11/4 Chop & Chat (Faith in Action) 11 – 12PM Signup by 10/28.

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:

- 10/2, 16 & 30 Cornhole 10AM
- 10/6 Chop & Chat (Faith in Action): Rainbow Rice Salad 1PM
Call to reserve your spot.
- 10/7 & 21 Golden Agers 12PM
- 10/8 Discover Live: Singapore 10AM
- 10/9 Breakfast 10AM
- 10/10 Medicare Updates for 2026 presentation
by Action for Older Persons (AOP) 11:15AM
- 10/10 Auction 1PM
- 10/23 Discover Live: Bahia, Brazil 11AM
- 10/28 Discover Live: Assin Manso, Africa 12:30PM
- 10/31 Halloween Party 10AM Bingo 10:30AM
Best dressed contest wins a prize and door prizes!

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 11:45AM | 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: Bingo 10AM; Ice Cream 12PM
Friday: Chef Salads 11:30AM (reservations required); Mexican Train 12PM

Special Activities

- 10/1 Loaded Hot Dog Day 11:45AM
- 10/6 Breakfast for Lunch – Blueberry Pancakes and Scrambled Eggs 11AM Eat in only.
- 10/6 King High Card Game 12PM
- 10/8 Using Blenders for Better Nutrition presentation
by Donna and Bridget, OFA 10:30AM
- 10/8 & 22 Vestal Library Tech Help 10:15AM
- 10/10 Chicken Fajita Friday 11AM
- 10/16 Discover Live: Assisi, Italy 10AM
- 10/16 Philly Cheesesteak Day 11AM
- 10/20 Chop and Chat 10AM Call to reserve your spot.
- 10/22 Nutrition presentation by Kathleen Cook, CCE 10AM
- 10/22 Vestal Senior Center Fall Open House 9 – 2PM
- 10/23 Discover Live: Bahia, Brazil 11AM
- 10/24 Pizza or Chef Salad Day 11AM Call to reserve.
- 10/24 Bunko Dice Game 12PM
- 10/28 Discover Live: Assin Manso, Africa 12:30PM
- 10/29 Medicare Updates for 2026 presentation
by Action for Older Persons (AOP) 11:30AM
- 10/30 Genealogy Class 1PM
- 10/31 Halloween Party 10AM Costumes welcome!

Age Successfully with Services and Supports through Broome County Office for Aging

- Caregiver Services**

Caregivers are the family and friends who voluntarily take care of older persons in our community. Caregiver Services through Broome County Office for Aging provide caregivers with information on local services, connection to programs, workshops and education events, respite programs, and support groups. See page 3 to view the Caregiver Corner with information on how Office for Aging can support your family.
- Elder Abuse Outreach Program**

The Elder Abuse Outreach Program represents a cooperative agreement between the Broome County Office for Aging and the Broome County Department of Social Services. Through this program, Office for Aging staff provide assistance to older adults who are at-risk of abuse, neglect and/or financial exploitation by linking them with appropriate services. Through Office for Aging interventions, the older adult's risk of further abuse, neglect, and exploitation is reduced, and the number of cases needing referral to Adult Protective Services decreases.
- Expanded In-Home Services for the Elderly (EISEP)**

EISEP is a long-term care program for frail older people who need assistance to be able to remain in their own homes. Our staff conducts an assessment and works with you to create a plan for services. Consumer-directed services are also available for clients who wish to hire and supervise their own personal care aides. The cost of the home care service is shared between the client and the Office for Aging and is based on the client's need and ability to pay for the service. Support from the client's Case Manager is ongoing.
- Foster Grandparents**

The Office for Aging's Foster Grandparents volunteer in general classrooms to work one-on-one with children in elementary schools, Head Start programs, daycare centers, and middle schools across Broome County. The grandparents are making a difference by nurturing and mentoring children. They share in classroom activities such as reading books together, practicing the alphabet, and solving math problems. This program provides a stipend, free lunch and mileage. Call 607-778-2411 today to see if you meet the eligibility requirements!
- Health and Wellness Opportunities**

Office for Aging offers evidence-based programs that are proven to reduce the risk of falls and other aging concerns. Classes include Walk with Ease, Tai Chi for Arthritis and Bingosize. Physical activity classes at senior centers include line dancing, chair exercise, yoga, Zumba and classes that prevent problems of osteoporosis. There is additional exercise classes offered for a variety of physical activity levels. We also offer classes via Zoom to those unable to visit senior center. OFA also offers prevention based opportunities such as balance clinics, health care professional presentations, breast cancer and other preventative screenings and vaccine clinics.
- Information and Assistance**

The Office for Aging is a central source for accurate, up-to-date information on programs, services and benefits for seniors and caregivers. Information is provided through our Information and Assistance Representatives. Language interpretation services are arranged upon request. Information about many topics including financial benefits, home care, transportation, caregiver issues, senior housing, and more.
- NY Connects**

NY Connects provides information, assistance and referrals for Long Term Services and Supports for people of any age and regardless of income. NY Connects Caseworkers help people maneuver the complex system of services in the community. NY Connects can provide information about: Home Care, Caregiver Supports, Care Coordination, Respite Care, Transportation, Financial Benefits, Home Delivered Meals, Referrals for Unbiased Health Insurance Counseling and Information.

- Senior Centers**

Senior Centers are located throughout Broome County. At your local senior center, you can enjoy an appetizing hot lunch, volunteer, participate in educational or wellness classes, play cards, do arts/crafts, play pool, socialize and other events. See pages 10 and 11 for local senior centers addresses and event schedules.

At your local senior center, you can enjoy an appetizing hot lunch, volunteer, and participate in classes and other events.
 - Senior Helpers Program**

The Senior Helpers Program maintains lists of workers who registered for tasks such as home repairs, housekeeping, shopping, transportation, companionship and other tasks. Jobs can be one-term or longer depending on the agreement between the Senior Helper and the person hiring.
 - Transportation Opportunities**

If you are 60 years of age or older and need assistance in getting to medical appointments, senior centers, shopping, or other appointments, we can help. Office for Aging contracts with BC Transit for the provision of the Office for Aging Mini-Bus.

Additionally, a contract with the Getthere Mobility Management provides supplemental transportation options with special focus on serving older adults who reside in rural areas. Getthere also offers travel training to those who need assistance with understanding and utilizing local transportation services.
- For more information on the above services, please visit <https://broomecountyny.gov/senior> or call **607-778-2411**.

Medicare Open Enrollment Fall 2025

We are officially in the first month of Medicare Open Enrollment which takes place from October 15th – December 7th. In September, all Medicare Advantage Plans and Prescription Drug Plans are required to mail beneficiaries an Annual Notice of Change Letter. You want to read that letter from your plan's company to find details about your plan's benefits, copays and drug coverage for the upcoming year and to be sure your plan will not be terminating. Medicare advocates strongly encourage beneficiaries to review their plans each year during open enrollment as that is the one time that all Medicare beneficiaries can change their health care selection.

Action for Older Persons (AOP) offers no-cost, unbiased Medicare insurance counseling and financial assistance program application help. If you need assistance to make sure you are in the plan that best meets your needs and/or to see if you qualify for any low-income programs, we are happy to help. We offer both in-person and phone appointments with one of our highly trained counselors to review your Medicare coverage. The appointments fill up quickly so call today if you need help. AOP's phone number is **607-722-1251**.

Sudoku Answers

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

Broome County Local History

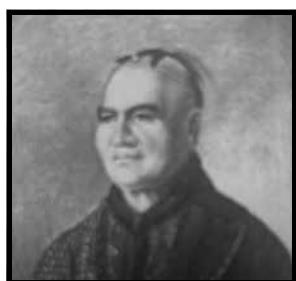
Journey through Broome County's captivating history as we highlight the lives of its unsung early citizens. Their unique biographies reveal the varied experiences and lasting impacts these individuals had in shaping our local communities. This exploration offers a richer understanding of our region's growth and helps us connect with those who built our shared heritage.



Freda Baudendistel
(1894-1989)

Freda went to Hancock High School and the Teachers Training Class, then started teaching at eighteen. She even taught German on her lunch hour and art after school. Early in the 1920's she came to Alexander Hamilton School in Binghamton

for six years. She furthered her education through NYU, Syracuse University and Penn State on weekends and summers. She pioneered sight saving and conservation in Broome for 19 years- working with local Lions Clubs to acquire large print materials, better lighting in classrooms, and better overall nutrition. Students were bused in from other parts of the state for her sight saving classes. In 1945, she became principal of Theodore Roosevelt School in Binghamton and served 12 years, retiring in 1958 after 45 years in education.



Chief Joseph Brant
(1742-1807)

Going back before the Revolutionary War, we find Chief Joseph Brant, who was an outstanding leader of the Iroquois Confederacy. He spent much time in Onaquaga (just north of Windsor), which was basically an Oneida Indian village. Brant was

a Mohawk. During the Revolutionary War, Brant was wooed by the British, who kept him on their side. He was a Christian Indian, who later translated the New Testament into the Oneida language. After the war, Brant and many of his people migrated to Brantford in Ontario, Canada.



Billy Fuster
(1908-2000)

At the age of 92, Billy Fuster was still setting up his own drums and playing jazz twice a week at the Lost Dog Café in Binghamton. For 50 years, he was a fixture in the city's music scene. He knew a lot about the history of jazz because he was there

in the beginning. He was a contemporary of many jazz greats and played a stint for Billie Holiday alongside Art Tatum. He played in almost every club and social event in Binghamton. He came to Binghamton after serving in World War II and was the first Black man hired by I.B.M. in Endicott. A year before he died, he was the first Black man to receive a bronze star in Binghamton's Walk of Stars.



Jesse F. Hyde
(1891-1987)

Jesse was an avid walker, known throughout the Southern Tier. He started in 1910, entering several ten mile races. In 1913, he took up a dare and walked home to Binghamton from Cornell University. He celebrated his birthday each year by walking a mile for every year of his age. He once walked from Cleveland to Binghamton in 20 days.

Another time he walked 45 miles to Corning and back to give blood, all in 19 hours. Jesse was a World War I veteran and was chief engineer for the Security Mutual Building. He and his wife Lillian had seven children. His last birthday walk was on his 83rd birthday, he walked to Norwich and back in two days. He was a working member of the YMCA, where he was honored with the founding of the Jesse Hyde Joggers Club. He credited his walking for his good health, and he lived to age 96.

Thank you to the Broome County Historical Society and Broome County Historian Roger Luther for providing the information for this article.



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

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

Volunteer Driver Opportunity:

- Help your neighbors get where they need to go!
- Drive your own vehicle & set your own hours.
- Mileage reimbursement

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.

Four Ways To Prevent Falls

Falls are a leading cause of injury among older adults. Prevention is the key to avoiding injury and maintaining independence. With guidance from the Centers for Disease Control (CDC), here are four ways to prevent falls:

- 1. Get a health checkup:**
 - evaluate medical conditions that contribute to falls such as arthritis
 - note ease of walking and ability to get out of a chair
 - test vision regularly and monitor blood pressure after position change
 - review medications for effects of imbalance or dizziness
- 2. Take personal safety measures**
 - don't hurry; change positions slowly
 - wear non-skid footwear and prescribed corrective lenses
 - use cane, walker or joint supports as needed
 - avoid climbing on a ladder; store items within reach or ask for help
 - install an emergency response system
- 3. Make your home safer**
 - conduct a home safety assessment (see checklist at aarp.org)
 - install handrails and grab bars in stairways and bathrooms
 - use shower bench and elevated toilet seat
 - check that floors are in good repair; remove slippery area rugs
 - remove extension cords and clutter
 - ensure adequate lighting, especially at night
- 4. Keep Moving**
 - check with your health care provider on any new exercise program
 - consider muscle strengthening exercises such as walking, water aerobics, and light weight training
 - add gentle stretching to improve the flexibility
 - include balance exercises such as tai chi

Fall prevention begins with understanding personal and environmental risk factors. By taking precautions and adjusting daily routines, older adults may safeguard their independence.

c. 2025 All rights reserved: Susan Wenzinger, MSN, RN

Susan is a nurse practitioner, health writer, wellness coach, and yoga teacher who practices in Broome County. For more information, visit www.FullBloomHealthandYoga.com.



**Discover the Tech Opportunities
at Your Local Broome County Senior Center**

George F. Johnson Tech Center comes to
the Broome West Senior Center
Wednesday, October 8th 11AM



Vestal Library comes to the Vestal Senior Center
Wednesday, October 8th and 22nd 10:15AM
Technology Assistance

More Technology Classes from Local Libraries

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

Broome County Public Library: 185 Court Street Binghamton, NY
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
- Email accounts
- Internet usage
- Microsoft Office and Google Docs
- Online tasks like signing up for accounts or submitting applications
- Windows desktop and files

Contact us at 607-778-6406 or tel.lvbtc@gmail.com to preregister.
Walk-ins may register but will be scheduled to start at a later date.

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 at 607-693-1858.



The Power of Radical Acceptance

Life often throws us curveballs – unexpected challenges, losses,
or situations that are simply beyond our control. It's natural to
feel frustrated, angry, or sad when things don't go as we hoped.
But what if there was a way to find more peace amidst life's
difficulties? That's where radical acceptance comes in.

Radical acceptance isn't about giving up, condoning a bad
situation, or being okay with something painful. Instead, it's
about fully acknowledging and accepting the reality of a situation
exactly as it is, without fighting against it, wishing it were different,
or denying its truth. It's recognizing that "this is what's happening
right now," even if it's uncomfortable or unwelcome.

The real power of radical acceptance lies in helping us distinguish
between what we can control and what we cannot. We can
control our reactions, our choices, and our efforts. We cannot
control other people's actions, past events, or many of life's
circumstances. When we resist what we can't change, we often
get stuck in a cycle of suffering, expending valuable energy on
things we can't influence.

By practicing radical acceptance, we free up that energy. We can
then direct our focus toward what is within our power: finding
coping strategies, seeking support, or making positive changes
where possible. It allows us to move forward, rather than remaining
trapped by what we wish wasn't true.

It's a practice, not a one-time fix. Learning to accept difficult
realities takes time and patience. But by embracing radical
acceptance, you can cultivate greater emotional resilience and
find a deeper sense of peace, even when life is challenging.

**Volunteers Needed for Research Study on
Meditation or Poetry Programs**

Goal of this study is to explore how meditation and poetry reading impact
cognitive function in older adults. The study has been reviewed and approved
by Binghamton University's (BU) IRB.

1. Age Requirement: Participants must be 60 years or older.
2. Eligibility: Individuals may be cognitively healthy or experiencing
subjective memory concerns. However, those with a history of brain
tumors, brain surgery, stroke, traumatic brain injury, uncontrolled shaking,
epilepsy, psychiatric disorders, or claustrophobia are not eligible.
3. Group Assignment: Participants will be randomly assigned to either a
meditation group or a poetry reading group.
4. Program Duration: The program will last for eight weeks, with weekly
sessions of 2.5 hours held near BU.
5. Assessments: Before and after the program, participants will complete:
 - A non-contrast MRI scan (approx. 1 hour) at BU's Brain and Body
Imaging Center (located at UHS Vestal).
 - An EEG test and surveys (approx. 2.5 hours) at the Principal
Investigator's office (Engineering Building at BU, 3rd Floor, Room
N18). Free parking will be provided.
6. Compensation: Participants will receive up to \$100.00 for completing the
assessments (for both before and after the program).
7. Availability: Most weekdays after 3:00pm.

If you are interested or have any questions, please contact Dr. Weiying Dai
at 617-669-8375 or via email at wdai@binghamton.edu. Be sure to include
your phone number and/or email address when reaching out.

Trivia
What is the largest living species of bird?

Answer: Ostrich



Broome County
Office for Aging



Come Join the Team at Broome County Office for Aging!
We are now hiring for the below positions:

- Classroom Foster Grandparent
Stipend and Mileage Reimbursement Provided
Income Eligibility Required
No Civil Service Exam Required
Monday – Friday, Hours Vary

To inquire about the above position, call Lucia at OFA at
607-778-2411



- Call-In Driver for Sodexo
Part Time Hours

Great for Retirees! Must have a clean driving record, pass a yearly physical, ability to drive a 23’ box truck and cargo van, and pass a criminal background check. As needed on call driver. Up to 12.5 hours a week. Professional character and good work ethics.


- Full-Time Cook

Large scale food production experience preferred. Must have excellent attendance, ability to read, understand, and follow recipes. Must be able to stand for long periods. Ability to work with a team. Positive attitude. Prepare and pack meals for clients accurately and efficiently. 38 hours/week. Professional character and good work ethics.

For specifics, call Sodexo HR at **607-763-4240** or apply online @ www.us.sodexo.com

Aging is not a curse but a privilege, and the good news is that we can all become better versions of ourselves with age.”

— Mary Buchan



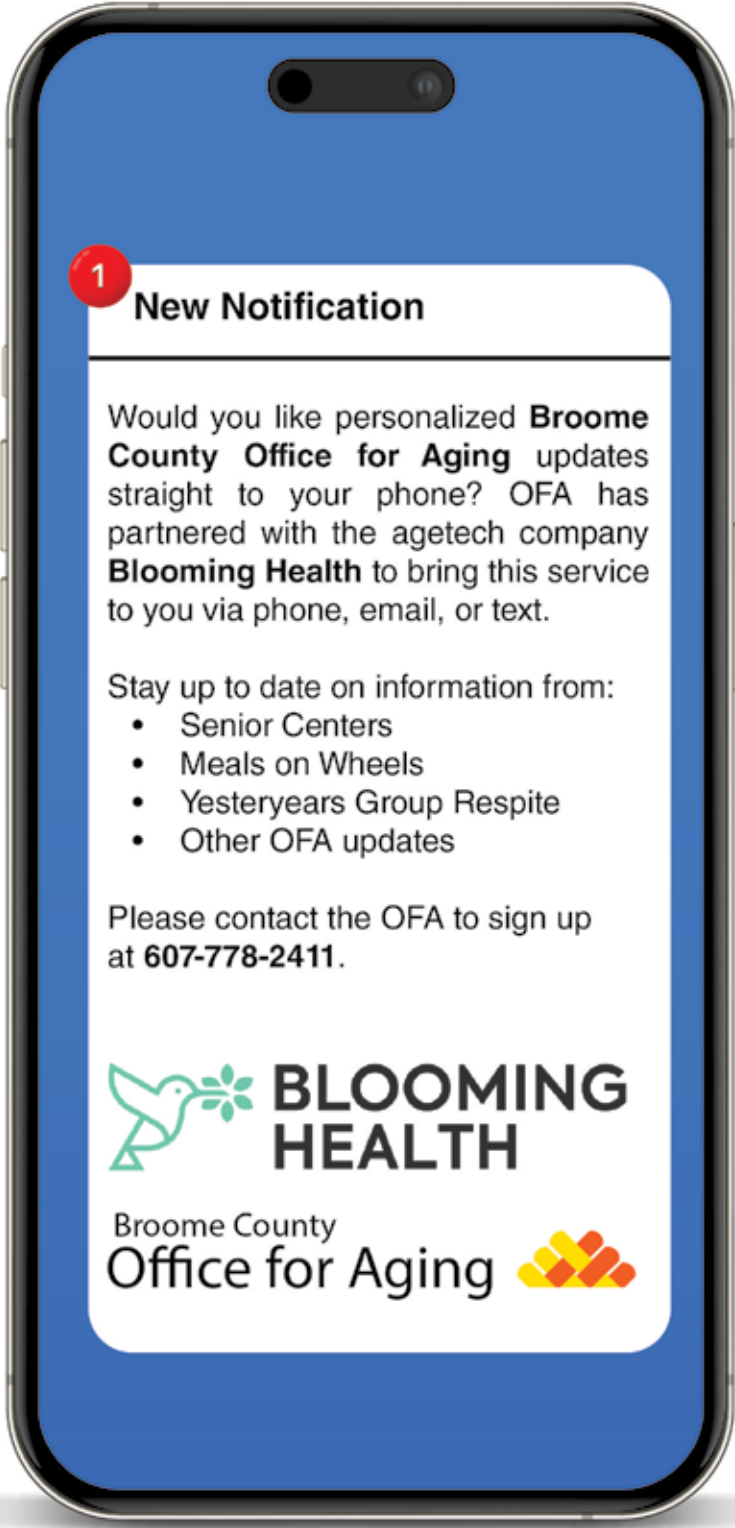
Snow Vendors Wanted

Office for Aging is updating its Snow Vendor Database. This database includes a list of individuals and businesses who provide snow removal services. This list will be used to provide information to older adults in the community who are looking for assistance clearing their sidewalks and driveways.

When people call for information about snow removal services, Office for Aging will provide the names of vendors on this list who are willing to provide the services they want in their area.

It is important to find resources for snow removal for older adults in our community so they can remain safe and independent in their homes. Many homebound older adults receive services in their homes, and it is critical that their walkways remain clear of snow to ensure these services continue without interruption.

If you are interested in being included on this list, please contact Office for Aging at **607-778-2411**.



1


New Notification

Would you like personalized **Broome County Office for Aging** updates straight to your phone? OFA has partnered with the agetech company **Blooming Health** to bring this service to you via phone, email, or text.

Stay up to date on information from:


- Senior Centers
- Meals on Wheels
- Yesteryears Group Respite
- Other OFA updates

Please contact the OFA to sign up at **607-778-2411**.



BLOOMING HEALTH

Broome County
Office for Aging



October Menu - Bon Appétit!

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

A friendly reminder - if you've made a lunch reservation and cannot attend please call and cancel, someone could be waiting for your meal.		Breaded Chicken Cutlet 1 Sandwich Red Potato Salad Corn & Dill Salad Vanilla Pudding w/Berries	Grandma's Meatloaf 2 OR Halupki Mashed Potatoes French Cut Green Beans Chocolate Cake	Kielbasa 3 OR Citrus Broiled Fish Pierogies w/Onions Peas Apple Crisp
Ham & Swiss on Rye 6 Stuffed Pepper Soup Applesauce Ice Cream Cup	Shrimp Scampi 7 OR Salisbury Steak Alfredo Pasta Broccoli Florets Pineapple Cake	Caesar Chicken Breast 8 OR Sausage Link Southwest Brown Rice & Bean Salad Pineapple Chocolate Chip Cookie	Turkey & Provolone 9 On Marble Rye Mediterranean Pasta Salad Mandarin Oranges Harvest Pumpkin Coffeecake	Manicotti 10 Wax Beans Garden Salad Confetti Cookie
Rotisserie Chicken 13 Red Potato Salad Baked Beans Key Lime Pie Cups	Four Cheese Macaroni 14 & Cheese Stewed Tomatoes Brussels Sprouts Mandarin Oranges	Teriyaki Chicken 15 Brown Rice Pilaf Asian Blend Vegetables Pears	Liver w/Onions 16 OR Roasted Chicken Mashed Potatoes Peas & Carrots Blueberry Coffeecake	Chicken Salad 17 OR Egg Salad Croissant Harvest Vegetable Soup Mandarin Oranges Cranberry Oatmeal Cookie
Meatball Parm Sub 20 Sausage Florentine Soup Pears Ice Cream Cup	Lasagna Soup 21 Garden Salad Peaches Oatmeal Raisin Cookie	Roast Turkey 22 Bread Dressing Corn Peanut Butter Pie Cups	Beef Burgundy 23 OR Chicken Marsala Over Noodles French Cut Green Beans Pineapple Tidbits	Pub Burger 24 OR Beer Battered Fish Roasted Potatoes Country Blend Vegetables Pumpkin Cake
Chicken Thigh 27 OR Kielbasa Pierogies w/Onions Diced Beets Lemon Pudding	BBQ Pulled Chicken 28 Sandwich Macaroni & Cheese Three Bean Salad Sherbet Cup	Beef Stroganoff 29 Over Buttered Noodles Carrots Peach Cobbler	Roast Pork w/Apricot 30 OR Broiled Fish w/Lemon Scalloped Potatoes Hawaiian Coleslaw Cinnamon Applesauce	Happy Halloween! 31 Chicken Cordon Bleu OR Beer Battered Fish Baked Potato Peas w/Pearl Onions Red Velvet Pie Cups

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



Like What You're Reading? Subscribe & Have it Delivered!

Subscribe to the Senior News to make sure you don't miss out on important information, events and programs for seniors in Broome County! Direct-mail subscriptions are available at a suggested contribution of \$12.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for Aging at (607) 778-2411 to learn more.



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.

Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to www.gobroomecounty.com/senior