

BROOME COUNTY OFFICE FOR AGING

# SENIOR NEWS

Visit Our Website at [www.broomecountyny.gov/senior](http://www.broomecountyny.gov/senior)



*You are Cordially Invited to "Be Our Guest"*

**WHO:** You! | **WHAT:** Tour and lunch | **WHERE:** One of the Eight Broome County Senior Centers | **WHEN:** Any weekday in April  
**RSVP:** Call one of the numbers below before noon on the day before

If you are not currently a 'regular' at a senior center or if you haven't been to a center in a while, Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!"

Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center. Now we are hoping that again this April, you will Be Our Guest and check out a local senior center!

**Why should you take part?** In April, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 8 locations to choose from.

Just call the center of your choice and you will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

**Who said there's no such thing as a free lunch?** Allow us to offer you a complimentary, delicious lunch on the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary

meal tickets for your next visit to the center – come back on your own or bring a friend.

Deanna or Renee at  
Broome West Senior Center (Endwell): 607-785-1777

Vet at Chenango Bridge Senior Center: 607-663-0406

Mary at Deposit Senior Center: 607-467-3953

Marcie or Penny at  
Eastern Broome Senior Center (Harpursville): 607-693-2069

Jessica or Marianne at  
First Ward Senior Center (Binghamton): 607-729-6214

Kim or Jack at Johnson City Senior Center: 607-797-3145

Heather or Kathy at  
Northern Broome Senior Center (Whitney Point): 607-692-3405

Jenn at Vestal Senior Center: 607-754-9596

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



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# Health and Wellness



## Motivation with MaryJane

### April Awakening: Step Outside and Celebrate the Season


April is a season of renewal, making it a perfect time to refresh health routines. As we observe **National Stress Awareness Month**, it's a great reminder to focus on emotional well-being. Simple habits like deep breathing, light stretching or meditation, and spending time outdoors can help reduce stress and support heart health.

**National Walking Day**, celebrated the first Wednesday of April, is also a great way to get out and move! A short daily walk can improve balance, strengthen bones, boost mood, and support overall mobility. Walking with a friend also adds a social connection, which is just as important for wellness as physical activity—ask a friend to join you on a walk!

**Earth Day on April 22**— offers another way to connect with nature, family, and community.

Whether you're gardening, enjoying, enjoying fresh air, or gathering with loved ones, all support physical and emotional health. April is a wonderful reminder that small, healthy steps can lead to lasting well-being at any age.

**Groove to the Beat**  
**Join Bridget & Vet!**




**Tuesdays April 14th & April 28th at 12:30PM**  
**Northern Broome Senior Center**  
**12 Strongs Place, Whitney Point**

Benefit from attending one or both sessions!

- Get physically fit the fun way by participating in our Chair Dance Classes.
- Learn health and wellness tips to improve your overall well-being.

**Broome County  
Office for Aging**



## 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 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 3 & 4.**

### 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

## 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**

4/1 April Fools Fun Day Luncheon

4/2 Legal Aide 9 – 12PM Call for an appointment.

4/6 Breakfast for Lunch and Entertainment by Gene Civic 11AM

4/8 GFJ Library Tech Assistance & Ted Talk 11AM

4/8 OFA Caregiver Chat 1 – 2:30PM

4/9 "Science is Everywhere!" presentation live streamed by Kopernik Observatory & Science Center 1PM

4/10 Team Trivia with Gene and Deanna 1:15PM

4/14 & 28 Chop and Chat 1PM Call to reserve your spot.

4/14 Downsize and Declutter with Joan 3PM

4/15 Discover Live: Ravenna, Italy 11AM

4/16 Wii Bowling Tournament begins! 9:30AM

4/16 Discover Live: Falun, Sweden 10AM

4/20 Discover Live: Amsterdam, Netherlands 1:30PM

4/21 Activity Room Closed, No Chair Exercise

4/23 Discover Live: Athens, Greece 11AM

4/23 Evening meal 4:30PM with Entertainment 5:30PM

4/28 Bright and Beautiful Therapy Dogs 12:30PM

### **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

**Tuesday:** ZOOM ONLY: Chair Dance Yoga 9AM

**Wednesday:** In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Hand & Foot Card Game 9:30AM

**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 Activities**

4/1 April Fools Fun Day Celebration with Trivia 10 – 2PM

4/3 & 13 Horse Racing Board Game 10:30AM

4/3 Memory and Focus presentation by Sophia from Binghamton University's Aging Research Group 12PM

4/6 & 20 Chop and Chat with Rick 10:30AM

4/8 Coffee with a Cop 10AM

4/10 Be Our Guest & Shower Us with Spring Event – Lunch at 11:30AM with Entertainment by Wayne Beddo to follow.

4/17 Nutrition presentation by Kathleen Cook, CCE 12PM

4/17 Rock Steady Boxing with John Capello 12:30PM

4/22 Nursing Students from Binghamton University visit CBSC 9 – 1PM

4/24 Bingo with Sallie 10:30AM

4/29 Trivia Day 10 – 2PM

### **Deposit Senior Center**

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

Center Hours: Tuesday & Thursday, 10 – 2PM

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

#### **Weekly Activities**

**Tuesday:** Balance/Strength for Seniors 11 – 11:30AM;

BINGO 1 – 2PM ; Tai Chi 2 – 3PM

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

#### **Special Activities**

4/9 "Impressions of Joy" Workshop with Christina from The Memory Maker Project 11AM

4/23 Discover Live: Athens, Greece 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; Canasta 10:30 AM

**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**

4/1 April Fool's Fun Day! Bake Sale 9:30 – 2PM

4/1 Annual Bonnet Parade 11:30AM

4/3 Burger Bar 11:30 – 12:30PM

4/8 Officers and Finance Meeting 9:30AM

Senior Center Site Council Meeting 10:45AM

4/8 Rock Steady Boxing with John Capello 12:30PM

4/9 Evening meal 4:30PM with Entertainment 5:15PM

4/13 & 20 AARP Safe Driver Class 9:15 – 12:30PM Call to reserve.

4/15 Grief & Loss Support Group presented by MHA (Mental Health Association of the Southern Tier) 10AM

4/15 Craft Class – Afghan Crochet 9:30 – 11AM

4/16 Golden Griddle – Baked Potato Bar 11:30 – 12:30PM

4/16 Burn and Fire Prevention for Older Adults presentation by Upstate Medical and The Broome County Dept. of Emergency Services 12:30PM

4/22 Chop and Chat 9:30 – 10:30AM Call to reserve your spot.

4/22 Yankee Trade Returns! 12:30PM

4/23 Flex and Fuel Bingo with OFA's Nutrition Department 12:15PM

4/24 Fun Friday – Wii Bowling 10 – 2PM

4/26 Legal Aide 9 – 12PM Call for an appointment.

4/27 Farm Animals Board Game 10AM

4/28 Binghamton University nursing students visit 8 – 12PM

4/29 Binghamton University nursing students visit 9 – 1PM

5/4 Falls Annual Wellness Checkup 10 – 2PM  
Call 607-777-4700 to register.

### **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

4/1 April Fools Fun Day Luncheon

4/2 Executive Board Meeting 9:30AM

4/3 Good Friday - Center Closed

4/7 & 21 Holistic Healing: 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3

Advanced registration and payment required.

4/7 & 21 Chop & Chat: Call for menu. 1PM Call to reserve your spot.

4/9 Grilled Ham & Cheese w/ Homemade Soup and Musical Guest, KandL at 11:30AM

4/10 Falls Annual Wellness Checkup 10:45 - 2:45PM  
Call 607-777-4700 to register.

4/13 Legal Aid 9AM Appointment required.

4/14 Burn and Fire Prevention for Older Adults presentation by Upstate Medical and The Broome County Dept. of Emergency Services 12PM

4/14 Neighborhood Watch Meeting 6PM

4/15 Lunchtime Trivia 12PM

4/16 Rock Steady Boxing with John Capello 12PM

4/17 How Diet and Gut Health Impact Cognition and Health presentation by Binghamton University 12PM

4/20 Breakfast for Lunch - Pancakes w/ Apple Cinnamon Topping 10:45 - 12:15PM Dine in only.

4/22 "Attracting Birds Throughout the Year" presentation by Rick Marsi 12PM

4/24 Film Friday: "Pay It Forward" 1PM Free popcorn, soda for sale.

4/28 Evening meal 4PM

### 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); Abs & Core Chair Exercises 1:15 - 1:45PM (no fee)

**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 1 - 3PM; 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); Euchre (card game) 1 - 3:30PM

**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

4/1 April Fools Fun Day Luncheon

4/1 Book Club 3 - 4PM We'll select books to read in 2026/2027.

4/2 "Attracting Birds Throughout the Year" presentation by Rick Marsi 1 - 2PM

4/3, 17 & 24 Poetry Group 12:30PM Size is limited; call to pre-register.

4/3 & 17 Art Workshop \$3 10 - 12PM

4/6, 13, 20 & 27 Greater Good Grocery Bus 11 - 12PM

4/8 How Diet and Gut Health Impact Cognition and Health presentation by Binghamton University 10:30 - 11:30AM

4/9 Veterans Get Together 10 - 11AM

4/10 & 24 Left-Right-Center Dice Game (\$3 to play) 11:00 - 11:45am

4/11 9 - 5PM & 4/12 10 - 4PM Gem Show by the NY Southern Tier Geology Club; admission \$5, kids under 12 free.

4/14 & 28 Widow & Widowers Support Group 10 - 11AM

4/14 Chop & Chat (Faith in Action) 11 - 12PM Recipe: TBA; signup by 4/7.

4/14 Discover Live: Keukenhof, Netherlands 12 - 1PM

4/15 Tri-City Hearing: Hearing Screenings 9 - 12PM

4/15 LGBTQ+ Senior Social Group 3 - 4PM

4/15 Alzheimer's Association - Caregiver Support Group 4 - 5PM  
Registration and pre-screening required;  
call ALZ at 315-472-4201 x227.

4/16 Legal Aid 9 - 12PM Call for an appointment.

4/16 & 21 Binghamton University Nursing students visit 9:30 - 12PM

4/16 & 4/17 AARP Driver Safety 1:00 - 4:15pm;  
call 607-797-3145 to register; fee applies.

4/19 Southern Tier Orchid Society 1:30 - 2PM (social time 2 - 4PM)

4/21 Rock Steady Boxing with John Capello 10:30 - 11:30AM

4/23 Discover Live: Athens, Greece 11 - 12PM

4/28 Chop & Chat (Faith in Action) 11 - 12PM Recipe: TBA; signup by 4/21.

### 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:** Osteo Bonesavers Class 10 - 11AM; Wii Bowling 10AM

**Wednesday:** Sewing 9:30AM; Shuffleboard 10AM

**Thursday:** Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 - 11AM

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

### Special Activities:

4/1 Craft Day 12:30PM

4/1 Philly Cheesesteak Day 11:30AM

4/6 Zentangle - Drawing Class 12PM

4/7 & 21 Golden Agers 12PM

4/9 Breakfast 10AM (Teachers 9:30AM)

4/9 & 24 Binghamton University Nursing students visiting 9AM

4/10 Yesteryears North Group Respite Program 10 - 1PM

4/10 Rock Steady Boxing with John Capello 12PM

4/14 Discover Live: Keukenhof, Netherlands 12PM

4/14 & 28 Chair Dance Class with OFA's Bridget and Vet 12:30PM

4/16 Discover Live: Falun, Sweden 10AM

4/20 Whitney Point High School Band 11:45AM

4/23 Falls Annual Wellness Checkup 10 - 2PM  
Call 607-777-4700 to register.

4/24 Pub Burgers for Lunch 11:30AM

4/29 Potato Bar for Lunch 11:30AM

### Vestal Senior Center

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

Located in Old Vestal High School Cafeteria

Center Hours: Monday - Friday, 9 - 1:45PM

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 9:45AM

**Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

### Special Activities

4/1 April Fools Fun Day Luncheon

4/3 Discover Live: Quito, Ecuador 12PM

4/6 King High Card Game 12PM

4/3, 10, 17 & 24 Vivo Exercise 10AM

4/8 Vestal Library Technology Assistance 10:15AM

4/8 How Diet and Gut Health Impact Cognition and Health by Binghamton University 10AM

4/9 Trip Sign Up - Medieval Times in NJ 12PM

4/13 & 27 Chop and Chat 10AM Call to reserve your spot.

4/13 "Memory and Focus" presentation by Binghamton University 11:30AM

- 4/14 Card Making with Mercia 9:30AM Call to reserve your spot. \$10
- 4/15 Discover Live: Ravenna, Italy 11AM
- 4/16 Discover Live: Falun, Sweden 10AM
- 4/16 Philly Cheesesteak Day (with Applesauce/Salad and Ice Cream) 11AM Take out available.
- 4/16 Oral Health presentation by SUNY Broome Dental Students 11:30AM
- 4/17 Falls Annual Wellness Checkup 10 – 2PM Call 607-777-4700 to register.
- 4/20 & 21 AARP Drivers Safety Class 2 – 5:30PM Call to reserve.
- 4/20 Breakfast for Lunch 11AM Dine in only.
- 4/24 Pizza or Chef Salad Day 11AM
- 4/24 Bunko Dice Game 12PM
- 4/28 Vestal Senior Club Meeting Day 12:15PM
- 4/29 Loaded Hot Dog Bar 11AM
- 4/29 April Birthdays Celebration 12PM



### **Downsize & Declutter Discussion with Joan**

Don't be fooled that you can declutter in just a few months, unless you're willing to get a dumpster. Let's rethink the value of certain items.

Discuss more on Tuesday, April 14th at 3PM at the Broome West Senior Center or on Zoom.

If you have questions or need the Zoom link, contact Joan Sprague at 607-754-1230 or [spraguejm@verion.net](mailto:spraguejm@verion.net)

### **The Mobility Minute**

This recurring feature is your monthly guide to fall prevention, designed to help you maintain independence. Each month, we will share simple, actionable tips to keep you safe while walking. Balance Exercises for Older Adults

Balance involves maintaining the body's stability while still or in motion. As with muscle-strengthening exercises, balance exercises help to prevent falls and fall-related injuries. Aim for about three sessions of balance exercises a week.

Examples of balance exercises include:

- Tai chi (a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply)
- Yoga
- Standing on one foot
- Walked backwards or sideways

Safety tips

- Listen to your body. If you feel unsteady, take action to steady yourself.
- Go slowly and mindfully to prevent falling.
- If you are unsure about doing a particular movement, seek guidance from your doctor or physical therapist.
- Have a sturdy chair, person, or wall nearby to hold onto for support.
- Wear comfortable, stable footwear or go barefoot to have grip on the floor or mat.

Always seek medical advice from your doctor before starting a new exercise routine.

Source: <https://www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical#balance>

## **Events at the Centers**

### **Broome West Senior Center**

Thursday, April 23rd  
Evening Meal  
4:30PM

Followed by entertainment by Greg Neff 5:30PM

### **Chenango Bridge Senior Center**

Wednesday, April 29th  
Trivia Day!  
10 – 2PM

### **Deposit**

Thursday, April 9th  
"Impressions of Joy" Workshop with Christina from The Memory Maker Project  
11AM

### **Eastern Broome**

Thursday, April 9th  
Evening Meal with Entertainment!

Doors open at 4PM  
Meal served at 4:30PM  
Live Music by Bits and Pieces 5:15PM

### **First Ward**

Wednesday, April 22nd  
"Attracting Birds Throughout the Year" presentation by Rick Marsi  
12PM

### **Johnson City**

Trips, Trips & More Trips!  
We recently released our full list of 2026 trips. Please see page 8, visit our website or call 607-797-3145 for more information.

<https://www.johnsoncityseniorcenter.org/>

### **Northern Broome**

Monday, April 20th  
Whitney Point High School Band  
11:45AM

Join us for a fun concert!

### **Vestal**

Wednesday, April 29th  
Loaded Hot Dog Bar  
11AM

Chili, Cheese, Sauerkraut, Onions, Salad and Ice Cream (with April birthday celebrations at 12PM!)  
Take out available.

## **Just For Laughs**

**Why did the man name his dog 'Five Miles'?**

**So, he could tell his doctor that he walks**



**Local Library Book Sales**

George F. Johnson Library  
 1001 Park Street, Endicott  
 Friday, April 3rd 10 – 4PM  
 Saturday, April 11th 10 – 2PM  
 Friday, April 17th 10 – 4PM  
 Cash only. For more information, please visit  
<https://www.gfjlibrary.org/friends/>

Broome County Public Library  
 185 Court Street, Binghamton  
 Friday, April 10th 10 – 2PM  
 Saturday, April 11th 10 – 1PM  
 For more information, please visit  
<https://www.thebcpl.org/events/upcoming>

Your Home Public Library  
 107 Main Street, Johnson City  
 Saturday, April 18th 10 – 12:30PM  
 For more information, please visit  
<https://www.yhpl.org/friends-of-the-library/>

**First Friday**

Downtown Binghamton  
 Friday, April 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/>

**Guide to Financial Wellness**

George F. Johnson Library  
 1001 Park Street, Endicott  
 Saturday, April 7th 4PM

Celebrate Financial Literacy Month with us by attending Guide to Financial Wellness, an informative and empowering workshop designed to help you build confidence with your money. Whether you're just getting started or looking to strengthen your financial skills, this session will cover essential money topics to help you make smarter decisions, plan for the future, and feel more in control of your finances. This is your opportunity to learn, ask questions, and take meaningful steps toward financial empowerment in a welcoming, supportive environment. Free to attend! Presented by Visions Federal Credit Union.

**Broome County Regional Farmers Market**

840 Front Street, Binghamton  
 Saturdays, 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!

**April History Hour**

Phelps Mansion  
 185 Court Street, Binghamton  
 Thursday, April 9th 6 – 7:30PM

Everyone loves a good story, especially those passed down through generations. Town legends, myths, and mysteries often evolve over time, adding intrigue and promoting the community. If you enjoy puzzles, join as a 'history detective' to explore the truth behind some of Vestal's most fascinating legends and uncover what's real, speculation, or false.

Admission: \$10 General Admission/\$8 Museum Members  
 Doors open at 6PM presentation at 6:15PM  
<https://phelpsmansion.org/event/april-history-hour/>

**East Meets West: Music of the Baltic Region – Madrigal Choir of Binghamton**

Trinity Memorial Episcopal Church  
 44 Main Street, Binghamton  
 Sunday, April 19th 3 – 4:30PM

Join the Madrigal Choir of Binghamton, under the direction of John M. Vaida, for a musical journey through the Baltics. Concert will be held at Trinity Memorial Episcopal Church at 3PM with pre-concert music by the Fair Winds Quintet at 2:45PM. The concert will include works by Vytutas Miskinis, Arvo Pärt, Rihards Dubra, Sergei Rachmaninoff, and Jean Sibelius. MCOB is pleased to include a new hymn by Rev. Carolyn Winfrey Gillette of First Presbyterian Union Church, Owego, "O God of Love, This Is a Time of Turning" sung to Sibelius' Finlandia.

Tickets are \$20 for the general public, free for students.

**Rock Steady Boxing at the Centers**

Now in our ninth year of service, we provide the Rock Steady Boxing program to over 100 people with Parkinson's Disease in the Southern Tier of New York and the Northern Tier of Pennsylvania. Our program enhances their daily quality of life by building impressive power, strength, flexibility, and speed. Our coaches know the ropes and will expertly guide you along as you fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier/happier life.

Come see us at one of the local Broome County Senior Centers:

Eastern Broome – April 8th 12:30PM

Northern Broome – April 10th 12PM

First Ward – April 16th 12PM

Chenango Bridge – April 17th at 12:30PM

Johnson City – April 21st 10:30AM

For more information on Rock Steady Boxing Southern Tier, please visit <https://www.rocksteadysoutherntiery.com/>

**Trivia**

**What are the two official birth flowers for the month of April?**

**Answer: The Daisy and the Sweet Pea**

Spring is in the air, and while you're tidying up the garden or refreshing your home, it's the perfect time to "spring clean" how you manage your healthcare. We know that keeping track of appointments, medications, and test results can feel like a full-time job. That's where tools like MyChart come in to do the heavy lifting for you!

Imagine having a secure, private filing cabinet for your health that you can access from your favorite chair.

- **Skip the Phone Tag:** Learn how to send a secure message directly to your doctor's office. It's like having a private line to get your quick questions answered without waiting on hold.
- **Instant Results:** Discover how to view your lab and test results the moment they are ready. No more waiting by the mailbox or the phone for news.
- **Prescriptions Made Easy:** Master the art of requesting medication renewals with just a few taps, ensuring your "must haves" are always ready at the pharmacy when you are.
- **Your History, Organized:** See your list of immunizations, past visit summaries, and upcoming appointments all in one clear, easy-to-read place.

Technology shouldn't be another chore on your list; it should be a tool that gives you more time to enjoy the season. Whether you're a complete beginner or just need a little "refresher" on where to click, our classes offer a patient, no pressure environment.

Please contact your doctor's office to get connected to MyChart, or the platform they use.

**TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:**

- George F. Johnson Tech Center comes to the Broome West Senior Center  
Wednesday, April 8th 11AM
- Vestal Library comes to the Vestal Senior Center  
Wednesday, April 8th 10:15AM

**CLASSES AT LOCAL LIBRARIES:**

- Basic Computer Classes through the Broome County Library  
Every Wednesday 10 – 12PM  
185 Court Street, Binghamton, NY

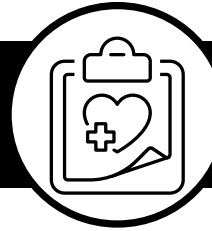
These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students. Typical topics include:

- 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](mailto: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](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 at **607-693-1858**



**Falls Annual Wellness Checkup at Broome County Senior Centers**

- April 10: First Ward, Binghamton (10:45 – 2:45PM)
- April 17: Vestal
- April 23: Northern Broome, Whitney Point
- May 4: Eastern Broome, Harpursville
- May 12: Deposit

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

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

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

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

For more information and to register, call the Motion Analysis Research Laboratory at **607-777-4700** or book a time at: <http://motion-lab.org/home#events>

Registration is required. Walk-ins are not permitted.



**LGBTQ+ SOCIAL GROUP:**

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

**Just For Laughs**

**What did the dirt say to the April rain?**

**"If this keeps up,  
my name is going to be Mud!"**



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

- May 14th – Ethnic Bakery Tour – NYC
- May 29th – Shawnee Playhouse – The Kitchen Witches
- June 10th – Letchworth State Park
- June 24th – West Point & Hudson River Cruise
- July 1st – Mac-Haydn Theatre: 9 to 5 the Musical

**North Fenton Seniors:** Contact Ruth 607-648-8425

- April 15th – Turning Stone Casino & Bingo
- June 17th – The Stourbridge Line Train in Honesdale, PA
- October 19th – 21st Sight & Sound Theater in Lancaster, PA for “Joshua”

**Port Crane Seniors:** Contact Donna 607-648-6071

May 4th – 8th Michigan Tulip Festival

**Vestal Senior Citizens Club:** Contact Jean 607-754-4479

- May 2nd – Medieval Times for a feast and to watch jousting (Sign up on 4/9 at 12PM)
- June 24th – Forestburg Playhouse for "Murder for Two", a musical/comedy (Sign up on 5/28 at 12PM)
- July 7th – Cortland for "9 to 5" a Dolly Parton themed play (Sign up on 6/11 at 12PM)
- August 24th – Auburn, NY for “Carousel” play at the Rev Theater & Lunch (Sign up on 7/16 at 12PM)
- September 2nd – Lunch Cruise on the Seneca Legacy & visit to the Corning store (Sign up 8/6 at 12PM)
- October 15th – Golden Horseshoe Ranch for “Duets through the Years” (Sign up 9/24 at 12PM)
- November 3rd – 4th Lancaster for American Music Theater for Holiday Show and Sight & Sound for “Joshua” (Sign up on 9/24 at 12PM)

### April Fools Fun Day at Your Local Senior Center! Wednesday, April 1st

April Fools’ Day—occurring on April 1st each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. Traditions include playing hoaxes or practical jokes on others, often yelling “April Fools!” at the end to clue in the subject of the April Fools’ Day prank.

Newspapers, radio and TV stations and websites have participated in the April 1st tradition of reporting outrageous fictional claims that have fooled their audiences.

In 1957, a television station reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees. In 1985, Sports Illustrated writer George Plimpton tricked many readers when he ran a made up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour.

This April Foods Day enjoy a day of fun, with a variety of activities and a delicious lunch of Pulled Pork or Beer Battered Fish, Sides and Boston Cream Pie for dessert.

Contact the center you wish to attend to make your lunch reservation and for more information on how they are celebrating! Phone numbers and center specifics can be found in the “Look What’s Happening at the Centers” section of this issue.

Guests age 60+ and spouse of any age may dine for the suggested contribution of \$4. All others may dine for a charge of \$5.

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

### Travel the World Virtually with Discover Live



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 April, we will be walking through Quito, Keukenhof, Ravenna, Falun, Amsterdam and Athens. These are free classes, and no reservations are required.

**April 3rd 12PM**



Virtual walking tour through Quito, Ecuador (streamed to the Vestal Senior Center)

**April 14th 12PM**



Virtual walking tour through Keukenhof, Netherlands (streamed to the Johnson City and Northern Broome Senior Center)

**April 15th 11AM**



Virtual walking tour through Ravenna, Italy (streamed to the Broome West and Vestal Senior Center)

**April 16th 10AM**



Virtual walking tour through Falun, Sweden (streamed to the Broome West, Northern Broome and Vestal Senior Center)

**April 20th 1:30PM**



Virtual walking tour through Amsterdam, Netherlands (streamed to the Broome West Senior Center)

**April 23rd 11AM**



Virtual walking tour through Athens, Greece (streamed to the Broome West, Deposit and Johnson City Senior Center)



## Nature Walking Club

The Nature Walking Club invites you to join them for a 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!

**April 9th 10AM – Otsiningo Park in Binghamton**  
Bevier Street entrance, 3rd lot on right by the restrooms.

**April 23rd 10AM – Middendorf Park in Vestal**  
West Sheedy Road (June Street). Meet in parking lot.

**NOTE: May walks are on the first and third Thursdays of the month.**

**May 7th 10AM – Apalachin Marsh**  
West on 434, half mile past Hilton Road, parking lot on the right.

**May 21st 10AM – Chenango Valley State Park in Chenango Forks**  
Meet at the beach parking area.

**June 11th 10AM – Waterman Conservation Education Center in Apalachin**  
Meet in parking lot.

**June 25th 10AM – Brick Pond in Owego**  
From Rt 17C in Owego, make a sharp right turn on 5th Avenue, over the railroad tracks to a parking area. Meet in parking lot.

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



## "Senior to Senior" Dinner Dance

Join in the fun for an Intergenerational Dinner Dance.  
Hosted by Johnson City High School Students for Broome County Older Adults.

There is no charge for this event, but reservations are needed.

**Friday, May 15th - 5:00 pm – 8:00 pm**

Doors Open at 5:00pm  
Dinner, Dance Music and Complimentary Photo Booth

Everyone Registered Will be Automatically Entered to Win a Door Prize

Johnson City Senior Center  
30 Brocton St, Johnson City, NY

Space is limited. Call the Office for Aging at **607- 778-2411** to reserve your spot by **May 1st**.

*This event is brought to you by:*

Broome County Office for Aging • Johnson City Senior Center  
Johnson City School District • JC Connects Community Schools  
Sarah Jane Johnson Memorial Methodist Church

\*Your feedback helps us plan future events.  
Please complete a survey provided at the event.

## Celebrating Volunteers

### Serving the Community and Helping Yourself Too!

The colder months are fading, the trees are blossoming, and the birds are singing; April is here! We welcome the warmer months ahead, but just as we appreciate the change in weather that April brings, let's remember that April is a special month to appreciate volunteers and all the support they provide in our community.

Volunteers play a crucial role in many of our programs at the Office for Aging. Volunteers deliver meals on wheels, serve on our advisory boards, serve in the kitchen, teach health and wellness classes, greet visitors, take reservations, friendly visit and provide companionship to older adults in our community. We commend you for your service and the commitment to helping our community.

If you have thought about volunteering, but can't quite convince yourself to begin, the following might be the encouragement you need to get involved. A recent study has measured the social and physical benefits of volunteering. The study has discovered several trends that show that volunteering has various benefits for maintaining overall health and wellbeing. Some of the key findings revealed that volunteering helps to reduce symptoms of depression and improve longevity. The study also found that individuals with chronic health conditions may benefit the most from volunteering.

Volunteering helps us to connect with the people in our community and develop a sense of belonging. So why not offer a helping hand? The benefits might surprise you!

Broome County Meals on Wheels is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Meals on Wheels will be having Open Houses April 20-24th call **607-778-6206** for more information.

# 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 P. 15

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



## CAREGIVER CORNER

*Ideas and information for people caring for others.*

### **The Broome West Caregiver Chat:**

Date: Wednesday, April 8th Time: 1 – 2:30PM

Location: Broome West Senior Center, 2801 Wayne Street, Endwell, NY

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. (Guests should be able to eat and toilet independently.)

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

Saturday, April 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](http://www.gracelutheranchurchvestal.com/graces-place)

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

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

### **WEDNESDAY RESPITE**

Wednesday, April 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.

## **Yesteryears North Group Respite Program**



The Yesteryears Program will be hosting a special table at the Whitney Point Senior Center to encourage individuals to connect, engage, and build meaningful social relationships.

**JOIN US!** Friday, April 10th 10 – 1PM

Whitney Point Senior Center: 12 Strongs Place, Whitney Point

This program is thoughtfully designed for adults who may have experienced social isolation. Some participants may face challenges with hearing, vision, or memory — and that's okay. Our goal is to create a warm, supportive, and inclusive environment where everyone can participate comfortably and confidently.

Pull up a chair as we set the table for fun! We look forward to welcoming you!

### **Meet our Activity Leader, Sheri**

Sheri is an Activity Leader for the Yesteryears Program with **over 20 years of dedicated service** within our facility and out in the community.

She enjoys: Outdoor activities • Craft projects • Exercise and movement • Engaging group discussions • Interactive games that support mental and physical wellness

Activities will include discussions and games designed to promote both mental and physical health. Modifications will be provided as needed to ensure an enjoyable experience for all participants.



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.**



Call NY Connects 1-800-342-9871

## **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!

Broome County

**Office for Aging** 

### **Caregiver Services**

Feeling overwhelmed as a caregiver? You don't have to do it alone.

Caregiver Specialists are here to help reduce stress and connect you with supportive respite services that fit your life.

We can help you access:

- Respite grants for in-home care
- Supervised socialization options for your loved one
- Support groups to connect with other caregivers
- Overnight respite so you can travel, recharge or complete a project

If this sounds like something that could help you or a loved one, call Office for Aging at **607-778-2411** to learn more.

Support is available—reach out today.

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



## Recipes

We hope you enjoy this month's recipes from the Office For Aging.

### Asian Mango Chicken Wraps

Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Ready in 30 minutes or make ahead for a tasty portable lunch.



#### 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
- 2 teaspoons reduced 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>

### Chocolate Squash Cake

Incorporating squash into a chocolate cake adds flavor plus fiber, vitamin K, phosphorus, and folate.



#### Ingredients

- 1/2 cup vegetable oil (or cooking oil of choice)
- 1 package cake mix, dark chocolate
- 1 teaspoon ground cinnamon
- 3 eggs
- 1 1/4 cups water
- 1 cup squash, shredded or finely chopped
- chopped walnuts (1/4 cup, optional)

#### Directions

1. Preheat oven to 350 degrees F. Grease and flour a 10-inch tube or bundt pan.
2. In a large bowl, combine cake mix and cinnamon.
3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
4. Fold in squash. Add nuts if you like.
5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

<https://www.myplate.gov/recipes/chocolate-squash-cake>

### Trail Mix Bars

Loaded with protein and fiber, this delicious dish can be made quickly. Enjoy with a side of your favorite fruit.



#### Ingredients

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 1/2 cups raisins
- 1/2 cup sunflower seeds, no salt
- 1 cup honey\*
- 3/4 cup sugar
- 1 (16 ounce) jar chunky peanut butter
- 1 teaspoon vanilla

#### Directions

1. Combine dry ingredients in bowl.
2. Combine honey and sugar in pan and bring to a boil.
3. Add peanut butter and vanilla, stir until peanut butter melts.
4. Pour mixture over cereal and mix well.
5. Press into a 13x9 inch pan and cool.

<https://www.myplate.gov/recipes/trail-mix-bars>

### Vidalia Onion and Tomato Salad with Grilled Tuna

Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna.



#### Ingredients

- For the Salad:
- 1/2 pound ahi (yellowfin) tuna steak (fresh or frozen)
- 1/2 teaspoon olive oil
- 2 tomatoes, cut into wedges
- 1 large head lettuce (Boston, Romaine or Bibb) (washed, dried, and torn into bite-sized pieces)
- 1/2 Vidalia onion, thinly sliced

#### For the Dressing:

- 1 1/2 tablespoons olive oil
- 1/4 cup lemon juice, fresh or bottled
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram

#### Directions

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1-inch chunks and skewer and place on two or three 3-inch skewers, brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.

<https://www.myplate.gov/recipes/vidalia-onion-and-tomato-salad-grilled-tuna>

### Trivia

What are the two official birth flowers for the month of April?

**Answer: The Daisy and the Sweet Pea**

## Ask the Office

I'm an older adult with limited income, and with my grandchildren all grown, I miss interacting with younger kids. Are there any volunteer opportunities where I can connect with children?

Volunteering is a great way to stay socially connected while enjoying new experiences and giving back to the community. The **Foster Grandparent Program** can provide that opportunity! As a Foster Grandparent volunteer you will support children who need extra help in local classrooms. You may help with reading, math, or simply offer a listening ear. You will provide extra attention and encouragement some children need to succeed. You will also be building meaningful relationships with the children, teachers, and other volunteers in your community.

Many Foster Grandparents find this involvement brings a sense of purpose, keeps them mentally and socially active, and helps combat feelings of isolation. Volunteering just a few hours each week can have a lasting impact on multiple lives. If you're looking to connect with the younger generation and make a positive difference in your community, this could be the perfect opportunity for.

To be eligible your income must be 55+, reside in Broome County and have an income that falls below \$2,660 after allowable deductions. Higher income levels apply for larger households. Foster Grandparents receive a paid hourly stipend, mileage, ongoing paid training, paid time off and meals at their sites.

To learn more about how you can become a Foster Grandparent, please contact **607-778-2089**.

## Share Meaningful Meals with Others to Encourage Connection

By Kathleen Cook, Nutrition Educator,  
Cornall Cooperative Extension Broome County

In April, many people have a certain excitement about spring—warmer weather and easier travel. It's a time to reconnect after the cold winter, and one very traditional way to do that is through sharing food.

Sharing a meal with someone lifts our spirits and can help us eat in a more relaxed manner. Think of the special gatherings and meals you may have had as a child. What were the foods that made that time extra special? Perhaps now can be a time to share those traditional foods with a friend.

It's pretty amazing that some of the foods favored by various ethnicities are also very healthy and healing for your body. Sauerkraut, for example, is a probiotic food that helps restore balance in our guts because it is made through fermentation. Beans, so much a part of many Hispanic cultures, provide fiber and prebiotics that improve digestion by feeding the beneficial microorganisms in our gut and helping them grow.

Even if these traditions are not your own background, there are many places to eat in Broome County that will give you opportunity to sample, and why not invite several friends? Enjoying time with others is also beneficial to fighting depression and easing anxiety. Try this 5 for 5 Connection challenge: For five days in a row, make a commitment to connect with other people, expressing gratitude, offering support, or asking for help.

Here are some ideas: call, text, or write a note to someone saying you appreciate them; another day invite a friend to go for a walk with you or have a meal; or you take time to tell someone you're having a hard time. Then try volunteering in the community or bringing a neighbor a special comfort food. Make the choice to reconnect this Spring.

## Alcohol Awareness Month

April is Alcohol Awareness Month, an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol-related problems continue to take a heavy toll on individuals, families, and communities.

### What is Alcohol Misuse?

Alcohol misuse, which includes binge drinking and heavy drinking, increases your risk of harmful consequences, including AUD. The more drinks on any day and the more alcohol misuse over time, the greater the risk.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08%—or 0.08 grams of alcohol per deciliter—or more. This typically happens if a woman has four or more drinks, or a man has five or more drinks, within about two hours.

NIAAA defines heavy drinking as follows:

- For women—four or more drinks on any day or eight or more per week
- For men—five or more drinks on any day or 15 or more per week

### What's a "standard drink"?

In the United States, a "standard drink" (also known as an alcoholic drink equivalent) is defined as any beverage containing 0.6 fluid ounces or 14 grams of pure alcohol.

### What are the consequences?

Drinking is associated with a number of health problems and can make certain chronic health problems worse. Half of liver disease deaths in the United States are caused by alcohol, and alcohol-associated liver disease is increasing, particularly among women.

Talk with your doctor honestly about your alcohol usage.



National Institute  
on Alcohol Abuse  
and Alcoholism

Source: <https://rethinkingdrinking.niaaa.nih.gov/>

## April is National Financial Literacy Month

### Safer Ways to Manage Your Money Without Checks

Many seniors still use checks to pay bills and make purchases, but did you know that checks are becoming a bigger target for fraud? The good news is that there are safer and easier ways to handle your money—without the worry of lost or stolen checks.

### Simple and Secure Payment Options

If you're looking for alternatives to writing checks, here are some safe and easy choices:

- **Automatic Bill Pay** – Set it and forget it! Most banks let you pay bills automatically, so you don't have to worry about mailing checks.
- **Debit or Credit Cards** – These offer built-in fraud protection, making them a safer choice for everyday purchases.
- **Online & Mobile Banking** – Banks now offer simple online tools where you can check your balance, pay bills, and transfer money securely.

### Extra Protection from Your Bank

Did you know that many banks offer programs to help protect your money? You can sign up for fraud alerts, spending limits, and account monitoring to give you extra peace of mind. If you're unsure how to get started, reach out to your financial institution.

### Getting Comfortable with New Payment Methods

Trying something new can feel overwhelming, but you don't have to figure it out alone. Ask a trusted family member or a bank representative to walk you through it. Once you switch to safer payment options, you might find they're even easier than writing checks!

By taking a few simple steps, you can protect your hard-earned money and feel more secure about your finances.



## Scam of the Month

### SSA Office of the Inspector General Warns Public of Surge in Fraudulent "Social Security Statement" Emails

The Social Security Administration (SSA) Office of the Inspector General (OIG) is warning the public about a **significant increase in government imposter scam emails** that falsely claim to provide access to a recipient's Social Security statement. Clicking links within the email may lead to identity theft, financial loss, or compromised data.

"We are seeing a sharp increase in fraudulent emails designed to look like official Social Security Administration communications," said Michelle L. Anderson, Assistant Inspector General for Audit as First Assistant. "These messages are not from Social Security. Anyone who receives one should delete it immediately and report it."

Official SSA communications originate from email addresses ending in ".gov." These scam emails are designed to appear legitimate and often use official-looking language, logos, colors, and formatting to mislead recipients into clicking links or downloading attachments. Once clicked, the links may install malware or direct victims to fake websites intended to steal personal and financial information.

**These emails are not from the Social Security Administration.**

**TYPE** Don't Tap! To access your my Social Security account, type in [ssa.gov/myaccount](https://ssa.gov/myaccount).

#### Common Warning Signs Include:

- Messages claiming your Social Security statement is ready to download
- Embedded links or attachments labeled as statements or documents
- Messages creating urgency or pressure to act immediately
- Sender addresses that do not end in ".gov"

#### What the Public Should Do:

- Do not click links or open attachments in unsolicited messages.
- Do not respond or provide personal information.
- To access or set up your Social Security account, go directly to [ssa.gov/myaccount](https://ssa.gov/myaccount).
- Report suspicious emails immediately.

**If You are a Victim:** Individuals who clicked a link, downloaded an attachment, or provided personal information should take immediate action:

- Stop all communication with the suspected scammer.
- Contact financial institutions to protect accounts.
- Report the incident to the SSA OIG at [oig.ssa.gov/report](https://oig.ssa.gov/report).
- File a complaint with the FBI's Internet Crime Complaint Center at [ic3.gov](https://ic3.gov).
- Report the scam to the Federal Trade Commission at [ftc.gov](https://ftc.gov).
- If financial loss occurs, contact local law enforcement.

**Reminder:** The SSA and SSA OIG will **never**:

- Demand immediate payment
- Send unsolicited attachments or direct download links
- Threaten legal action, arrest, or benefit suspension because you don't agree to pay immediately
- Ask you to pay with gift cards, prepaid debit cards, wire transfers, cryptocurrency, cash, or gold bars
- Offer to move your money to protect it

SSA OIG urges the public to remain vigilant and share this information with friends, family, and community members, particularly older adults, who are frequently targeted by these scams.

For more information on Social Security-related scams or to report suspected fraud, visit [ssa.gov/scam](https://ssa.gov/scam).

For more information on scams and to alert Office for Aging about a scam please call **607-778-2411**.

## Action for Older Persons (AOP) Medicare Corner Medicare Savings Program

The income limits for the 2026 Medicare Savings Program (MSP) are out. The MSP pays the Part B premium (\$202.90 per month) that is taken out of your Social Security. It also qualifies you for the Extra Help Program, which pays for a drug plan up to \$58.80 per month and lowers your drug copays up to \$5.10 for a generic and up to \$12.65 for a brand name. The MSP looks only at income, not savings or assets. The new gross monthly income limits are \$2,494 for single individuals and \$3,375 for married clients. You may subtract from your income what you pay for health insurance premiums (Medigap, dental vision, etc.) so call if you are within \$100 of these income limits. Also, if you are working, less than half of your earned income is countable. Please pass this information on to your friends, relatives and neighbors who might be eligible. The estimated value of a Medicare Savings Program is \$8,100 per year.

AOP is the only local source of no cost, unbiased Medicare insurance counseling and financial assistance program application help. Our counselors are experienced, highly trained, and familiar with many local programs that can assist with copays and drug costs. Call AOP at 607-722-1251 for help with the MSP application, information about other local programs or for any other Medicare questions.

## You'll be So Cool with HEAP Cooling Assistance

The Home Energy Assistance Program (HEAP) Cooling Assistance will open on April 15th, 2026. If your household is eligible, you may receive assistance with the purchase and installation of one new air conditioner or fan to help your home stay cool. It is up to the recipient to maintain the air conditioner and remove/reinstall it after initial installation is provided by a participating HEAP vendor. In circumstances where an air conditioner cannot safely be installed, a fan will be provided.

#### You may be eligible for a HEAP Cooling Assistance benefit if:

- Your household's gross monthly income is at or below the current guidelines for household size (\$3,473 for a 1-person household, \$4,542 for a 2-person household, higher limits for larger households)
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), and
- You and your household members are United States Citizens or qualified aliens, and
- Household includes an individual over age 60 or with a documented medical condition that is exacerbated by heat, and
- You received a Regular HEAP benefit greater than \$21 in the current program year, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older, and
- HEAP has not provided one within the last 5 years

If you did not receive HEAP Winter Heating Assistance, then you need to complete a Regular HEAP application and complete an interview for Cooling Assistance as well as provide required documentation.

If you received 2025-2026 HEAP Winter Heating Assistance or if you have ongoing TA or SNAP, then you only need to complete an interview for Cooling Assistance.

To apply, please call The Career & Community Services Center DSS office at **607-778-1100, option 5**.



## Broome County Office for Aging

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

- Case Worker/Case Worker Trainee (2 open positions)  
Bachelor's Degree required  
Full time; M-F 8-4PM  
Salary range: \$42,366-\$46,392  
Test required  
If interested, please submit an application online at <https://broomecountyny.gov/personnel/vacancy>
- Leisure Time Activity Leader (1 position)  
High school diploma required  
\$16.74 per hour  
Hours vary (Up to 15 hours per week)  
This is a position visiting homes to provide in home respite so Caregivers can have a break.
- Classroom Foster Grandparent  
Stipend and Mileage Reimbursement Provided  
To be eligible your income must fall below \$2,660/month after allowable deductions.  
No Civil Service Exam Required  
Monday – Friday, Hours Vary  
Call Lucia for more information 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.

For specifics, call Sodexo HR at 607-763-4240 or apply online @ [www.us.sodexo.com](http://www.us.sodexo.com)



## Mental Health Corner

April often brings stretches of gray, rainy weather that can leave us feeling a bit stuck indoors. Instead of viewing a rainy day as a "washout," try looking at it as a dedicated time for your mental well-being.

One of the most powerful—and affordable—tools for mental clarity is **daily journaling**. Research shows that the simple act of putting pen to paper can reduce stress, improve sleep, and help us process complex emotions. When the rain keeps you inside, it's the perfect opportunity to sit by the window, listen to the pitter-patter on the glass, and check in with yourself.

Writing acts as a "release valve" for the brain. By externalizing our thoughts, we can see them more clearly and let go of worries that might be cluttering our minds. You don't need to be a professional writer; your journal is a private, no judgment zone where your only goal is to be honest with yourself.

Here are six journaling prompts to get started:

- Write down five small things that have brought you joy this week. (It could be as simple as a delicious cup of coffee or a phone call from a friend.)
- What is something you would like to "bloom" or grow in your life this season?
- If your mood today was a type of weather, what would it be? Is it a light drizzle, a calm fog, or a bright sunny sky? Why?
- What is a piece of advice you received years ago that stuck with you? How does it help you today?
- Describe a favorite springtime memory from your childhood. What did the air smell like? What were you doing?
- Write down three things that have been on your mind lately. Once they are on paper, imagine you are "shelving" them so you can enjoy a peaceful afternoon.

Don't feel pressured to write pages. Even five minutes of writing can make a difference. Make it a ritual. Grab your favorite pen, a cozy blanket, and a warm cup of tea to make the experience restorative.

### A Message from the Southern Tier Veterans Support Group

We're excited to introduce the first edition of Stronger Together — a new monthly newsletter from Southern Tier Veterans Support Group created to keep our community informed, connected, and supported.

As we proudly celebrate 15 years of service, this newsletter reflects our ongoing commitment to veterans, service members, and their families across our region.

**Inside this first issue, you'll find:**

- Updates on how we're supporting local veterans and their families
- Upcoming events and ways to get involved
- Mind & Mission – our mental health corner, focused on wellness, resilience, and support
- Community resources and highlights from across the Southern Tier

Read the full newsletter here:  
<https://stvs.org/stronger-together-newsletter/>

Share With a Friend

Know a veteran, family member, or community supporter who would benefit from this information? Please feel free to forward this email or share the link above — helping us reach more people who may need support.

Thank you for being part of our mission. Together, we are stronger.

## Benefits of Volunteering as a Classroom Foster Grandparent

There are many reasons to volunteer. Volunteering:



- improves your overall well-being by providing an opportunity to utilize your skills and talents
- prevents health complications that stem from social isolations
- helps you stay physically active, prevent chronic diseases, and it can boost your immunity
- provides you with an opportunity to give back to your community by helping others

The Broome County Foster Grandparent program has provided volunteer opportunities for over 50 years in our community. Foster Grandparents support children as a classroom mentor in local elementary schools, daycare centers and Head Start. They work directly with children: talking, listening, reading stories and helping with academic work. The activities they engage in depend on the ages of the children and their needs. Some Foster Grandparents feed and rock infants. Others work with older children, reinforcing lessons taught by teachers and acting as a role model of appropriate behavior. 97% of those who currently serve as volunteers report that they feel they are making a positive difference in a child's life.

To be eligible you must:

- ✓ Be 55 years and older
- ✓ Reside in Broome County
- ✓ Have monthly income that falls under \$2,660 for a household of 1 or \$3,606 for a household of 2 (higher income limits apply for larger households)
- ✓ Complete all required background checks

All current volunteers receive the following benefits:

- ✓ Paid stipend of \$4/hour (tax exempt and exempt from qualification for other benefits such as senior housing, SNAP and Medicaid)
- ✓ Paid time off
- ✓ Paid reimbursement for mileage
- ✓ Free meals at their volunteer site
- ✓ Ongoing training and support



To learn more about the program, please call 607-778-2089 or visit our website at <https://broomecountyny.gov/senior/fgp>


# SUDOKU

## • ANSWERS •

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| 1 | 7 | 3 | 2 | 9 | 8 | 6 | 5 | 4 |
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### Trivia

In April 1970, which NASA mission famously used the phrase "Houston, we've had a problem" before safely returning to Earth?

**Answer: Apollo 13**

### Just For Laughs

Why do retirees love Mondays so much?

Because they are exactly like Saturdays, just with much less traffic at the grocery store!



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# April 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.*

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|---|--|--|--|---|--|--|--|---|--|
| <p><b>YOU ARE CORDIALLY INVITED TO "BE OUR GUEST" THIS APRIL</b><br/>Enjoy an introduction to the benefits and fun of spending time at your local senior center. See the front page for more details.</p> |  | <p><b>April Fools Fun Day!</b><br/><b>Pulled Pork</b> 1<br/><b>OR Beer Battered Fish</b><br/>Four Cheese Mac &amp; Cheese<br/>Cut Green Beans<br/>Boston Cream Pie</p> |  | <p><b>Roasted Chicken Thigh</b> 2<br/>Mashed Potatoes<br/>Country Blend Vegetables<br/>Peach Cobbler</p>  |  | <p><b>Turkey &amp; Provolone</b> 3<br/><b>OR Tuna Salad Croissant</b><br/>Vegetable Soup<br/>Mandarin Oranges<br/>Sugar Cookie</p> |  |   |  |
| <p><b>Manicotti</b> 6<br/>Italian Green Beans<br/>Cauliflower w/Parsley<br/>Cranberry Oatmeal Cookie</p>  |  | <p><b>Grandma's Meatloaf</b> 7<br/><b>OR Liver w/Onions</b><br/>Mashed Potatoes<br/>Country Blend Vegetables<br/>Peaches</p>   |  | <p><b>Italian Vegetable</b> 8<br/><b>Parmesan Chowder</b><br/>Deluxe Garden Salad<br/>Pineapple<br/>Dbl Chocolate Cookie</p>                                    |  | <p><b>Halupki</b> 9<br/><b>OR Marinated Chicken Breast</b><br/>Mashed Potatoes Carrots<br/>Fresh Apple</p>                         |  | <p><b>Roast Pork w/Apricot</b> 10<br/><b>OR Broiled Fish w/Lemon</b><br/>Roasted Potatoes<br/>Peas w/Pearl Onions<br/>Carrot Cake</p>           |  |
| <p><b>Four Cheese Macaroni &amp; Cheese</b> 13<br/>Stewed Tomatoes<br/>Brussels Sprouts<br/>Fresh Orange</p>  |  | <p><b>Breaded Chicken Cutlet</b> 14<br/><b>OR Sloppy Joe Sandwich</b><br/>Minestrone Soup<br/>Banana<br/>Chocolate Chip Cookie</p>                                     |  | <p><b>Apricot Meatballs</b> 15<br/><b>OR Citrus Broiled Fish</b><br/>Buttered Noodles<br/>French Cut Green Beans<br/>Vanilla Pudding<br/>w/Mandarin Oranges</p> |  | <p><b>Teriyaki Chicken</b> 16<br/>Couscous<br/>Oriental Blend Vegetables<br/>Applesauce</p>  |  | <p><b>Herbed Broiled Fish</b> 17<br/><b>OR Kielbasa</b><br/>Pierogies w/Onions<br/>Garden Salad<br/>Pineapple Cake</p>                          |  |
| <p><b>Meatball Parmesan Sub</b> 20<br/>Sausage Florentine Soup<br/>Pears<br/>Ice Cream Cup</p>  |  | <p><b>Rotisserie Chicken</b> 21<br/>Baked Potato<br/>California Blend Vegetables<br/>Carnival Cookie</p>   |  | <p><b>Lemon Basil Chicken</b> 22<br/><b>OR Halupki w/Sauce</b><br/>Mashed Potatoes<br/>Carrots<br/>Pineapple</p>  |  | <p><b>Salisbury Steak</b> 23<br/><b>OR Shrimp Scampi</b><br/>Brown Rice Pilaf<br/>Winter Squash<br/>Peaches</p>                    |  | <p><b>Pub Burger</b> 24<br/><b>OR Beer Battered Fish</b><br/>Cream of Broccoli Soup<br/>Diced Beets<br/>Cherry Crisp</p>                        |  |
| <p><b>Ham &amp; Scalloped Potatoes</b> 27<br/>Cabbage &amp; White Bean Soup<br/>Applesauce</p>  |  | <p><b>Sausage Link</b> 28<br/><b>OR Broiled Fish w/Lemon</b><br/>Italian Style Rice &amp; Beans<br/>Cut Green Beans<br/>Peanut Butter Cookie</p>                       |  | <p><b>Roasted Chicken Thigh w/Gravy</b> 29<br/>Bread Dressing<br/>Brussels Sprouts<br/>Apple Pie</p>  |  | <p><b>Lasagna Soup</b> 30<br/>Deluxe Garden Salad<br/>Mandarin Oranges<br/>Oatmeal Raisin Cookie</p>                               |  | <p><b>Caribbean Jerk</b> 5/1<br/><b>Chicken OR Citrus Fish</b><br/>Seasoned Rice &amp; Peas<br/>Cabbage &amp; Carrots<br/>Coconut Cream Pie</p> |  |

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



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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](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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