

BROOME COUNTY OFFICE FOR AGING

# SENIOR NEWS

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



## National Nutrition Month



Celebrate National Nutrition Month by discovering the power of a well-nourished life. This edition is dedicated to helping you build sustainable eating habits, explore flavorful nutrient-dense foods, and find the perfect balance that fuels your body and mind every day.

### St. Patrick's Day Luncheon and Celebrations!

**When:** Tuesday, March 17th (March 18th at the Chenango Bridge Senior Center)

**Where:** at participating Broome County Senior Centers

Wear your green and join us for this special lunch of corned beef or beer battered fish w/key lime pie cups for dessert.

The centers will have a variety of St. Patrick's Day inspired activities.

The **Chenango Bridge Senior Center** will be celebrating their St. Patrick's Day and 3rd Anniversary on Wednesday, March 18th!

There is a suggested voluntary contribution for lunch of \$5.00 for those age 60+ and spouse of any age. People under age 60 will be charged \$6.00 for lunch. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers and additional activities are listed in the Look What's Happening section of this paper).

Join us for this fun celebration and a well-balanced meal coordinated by Office for Aging's Nutrition Department. March is National Nutrition Month and there is no better way to celebrate than by providing your body and mind with a meal that keeps your health in mind.



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

### March is National Nutrition Month: A Focus on Healthy Aging

Let's all take some time to focus on the importance of making informed food choices and developing healthy eating and physical activity habits. For seniors, proper nutrition becomes even more crucial as our body's needs change with age.

As we age, our metabolism slows down, and the body may require different nutrients to maintain energy levels, support immune function, and prevent chronic diseases. Seniors are at higher risk for conditions such as osteoporosis, heart disease, and diabetes, all of which can be managed or prevented through a balanced diet. Additionally, nutrition plays a key role in maintaining cognitive function and supporting mental well-being, which are essential for healthy aging.

Did you know the Office for Aging has a registered dietitian on staff? She is available for one-on-one consultations and holds nutrition education sessions at our local senior centers. These sessions, which are listed in the "Look What's Happening at the Senior Centers" section of the paper provide valuable tips on healthy eating.

Our senior centers not only provide a space for socialization and physical activity, but they also offer delicious, nutritious meals that are tailored to the needs of older adults. These meals are designed to be both tasty and health-conscious, ensuring seniors have access to the right nutrients to support their overall well-being.

Taking care of your nutrition is one of the most important steps you can take for a long, healthy life. Let's prioritize our health by making informed food choices and embracing the resources available to us!

### Walk with Ease is Back!

**Meeting at the Oakdale Commons in Johnson City  
Starting Monday, March 23rd  
Mondays, Tuesdays, and Thursdays from 10 - 11AM**

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

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

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

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

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

## 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**

**3/4** Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM  
Call 607-777-4664 to sign up

**3/4 & 18** Journaling presentation by Samaritan Counseling 12:30PM

**3/5** Legal Aid 9 – 12PM Call to sign up.

**3/9** Happy Birthday and Anniversary Party with Jim Lamb 11AM (for January, February & March)

**3/10** Downsize & Declutter with Joan 3PM

**3/11** GFJ Library Tech Center – “Find and Share Handy Apps!” presentation & Technology Assistance 11AM

**3/11** OFA Caregiver Chat 1 – 2:30PM

**3/12** “Science is Everywhere!” presentation live streamed by Kopernik Observatory & Science Center 1PM

**3/13** Flex & Fuel BINGO “Discover the Power of Nutrition” with Donna and Bridget, OFA Nutrition Department 12:40PM

**3/13** Friday the 13th Team Trivia with Gene and Deanna 1:15PM

**3/16** “Understanding the Aging Brain” presentation by Binghamton University 11AM

**3/17** St. Patty’s Day Celebration with entertainment by accordion player David Hores 11AM

**3/19** Discover Live: Waterford, Ireland 10AM

**3/20** “Impressions of Joy” Workshop with Christina from The Memory Maker Project 10AM

**3/23** Entertainment by KandL 11AM

**3/24** Discover Live: St. Mark’s Square in Venice, Italy 1:30PM

**3/25** Burn and Fire Prevention for Older Adults presentation by Upstate Medical and The Broome County Dept. of Emergency Services 10:30AM

**3/26** Discover Live: Gdańsk, Poland 11AM

**3/26** AARP Safe Driving Course 9:30 – 12:30PM  
Call to reserve your spot.

**3/27** Poppin’ Pierogi Class with Renee 12PM  
Signups necessary and start 3/9.

**3/30** Entertainment by The Usual Suspects 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

**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**

**3/2 & 16** Chop and Chat with Rick 10:30AM

**3/6** “Impressions of Joy” Workshop with Christina from The Memory Maker Project 12:30PM

**3/9 & 23** Horse Racing Game 10:30AM

**3/13** Friday the 13th Event – Fun Team Games! 10 – 2PM

**3/13 & 27** Bingo with Sallie 10:30AM

**3/18** 3 Year Anniversary & St. Patrick’s Day Celebration 10 – 2PM

**3/20** Nutrition presentation by Kathleen Cook, CCE 12PM

**3/25** Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM

Call 607-777-4664 to sign up

**3/27** Falls Annual Wellness Checkup 10 – 2PM

Register by calling 607-777-4700.

**3/30** Flex & Fuel BINGO “Discover the Power of Nutrition” with Donna and Bridget, OFA Nutrition Department 12:30PM

### **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**

**3/3** Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM  
Call 607-777-4664 to sign up

**3/10** Home Emergency Alarm Response presentation by UHS 11AM

**3/17** Discover Live: St. Patrick’s Week in Dublin, Ireland 11AM

**3/17** St. Patrick’s Day Luncheon 12:30PM

**3/26** Flex & Fuel BINGO “Discover the Power of Nutrition” with Donna and Bridget, OFA Nutrition Department 12:40PM

### **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**

**3/2** March birthdays celebration! 10:30AM

**3/5** “Impressions of Joy” Workshop with Christina from The Memory Maker 12PM

**3/6** Burger Bar 11:30 – 12:30PM

**3/11** Officers and Finance Meeting 9:30AM  
Senior Center Site Council Meeting 10:45AM

**3/13** Friday the 13th Party – Dessert Exchange 10:30AM

**3/17** Office for Aging Tabling Event on Supports and Services with OFA Staff 9 – 1PM

**3/17** St. Patrick’s Day Party with Entertainment by Mike’s Jukebox 12:30PM (Meal served at 12PM)

**3/18** Monthly Support Group by Mental Health Association of the Southern Tier 10AM

**3/19** Golden Griddle – Breakfast for Lunch 11:30 – 12:30PM

- 3/25** Legal Aid Society 9 – 12PM Call for an appointment.  
**3/25** Chop and Chat 9:30 – 10:30AM Call to reserve your spot.  
**3/27** Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM  
 Call 607-777-4664 to sign up  
**3/30** Cows, Pigs, and Horses Board Game 10AM

### **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**

**3/3 & 17** Holistic Healing: 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 – 11:30AM \$3 Advanced registration and payment required.

**3/3 & 17** Chop & Chat 1PM Call to reserve your spot.

**3/5** Executive Board Meeting 9:30AM

**3/6** Free Speech and Language Screenings by Binghamton University 10:30 – 1:30PM  
 Call 607-777-4664 to sign up

**3/6** Film Friday: "The Fire Inside" 1PM Free popcorn, soda for sale.

**3/9** Legal Aid 9AM Appointment required.

**3/10** Neighborhood Watch Meeting 6PM

**3/12** Potato Bar with Musical Guest, Greg Neff 11:30AM

**3/13** Falls Annual Wellness Checkup 10:45 – 2:45PM

**& 4/10** Register by calling 607-777-4700.

**3/13** Friday the 13th Luncheon, 11:45AM

**3/16** Breakfast for Lunch – Ham w/ Potato Casserole and Eggs 10:45 – 12:15PM No take-out available.

**3/16** "Network for a Sustainable Tomorrow" Information Table 10:30 – 12PM

**3/17** St. Patrick's Day Luncheon w/ Musical Guest, Johnny Only 11 – 12PM

Johnston School of Irish Dance performance 12PM

**3/19** Flex & Fuel BINGO "Discover the Power of Nutrition" with Donna and Bridget, OFA Nutrition Department 11:15AM

**3/20** Film Friday: "Twisters" 1PM Free popcorn, soda for sale.

**3/24** White Elephant Auction 1PM

**3/25** Trivia – 1950's Themed! 12PM

**3/26 & 27** AARP Defensive Driving Course 9 – 12:15PM  
 Registration required.

### **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**

**3/1** Swing Into Spring with the Blue Velvet Big Band 2 – 4PM \$12  
**3/2, 9, 16, 23, 30**

Greater Good Grocery Bus 11 – 12PM

**3/3, 17 & 31**

Widow & Widowers Support Group 10 – 11AM

**3/4** The Medicine Shoppe

(glucose, blood pressure & O2 checks) 10 – 12PM

**3/6 & 20** Art Workshop (\$3) 10 – 12PM

**3/6 & 20** Falls Annual Wellness Checkup 10 – 2PM

Register by calling 607-777-4700.

**3/6, 13, 20 & 27**

Poetry Group 12:30pm. Size is limited; call 607-797-3145 to pre-register

**3/10** Chop & Chat (Faith in Action) 11 – 12PM Signup by 3/3.

**3/11** Discover Live: Ohrid, North Macedonia 10:30 – 11:30AM

**3/11, 18 & 25**

Memory Maker Project: Hands Together, An Intergenerational Creative Workshop Series with Christina 12:30 – 2PM  
 Call 607-240-6204 to register.

**3/12** Veterans Get Together 10 – 11AM

**3/12 & 13**

AARP Driver Safety 1 – 4PM Call to register.

**3/13 & 27**

Left-Right-Center Dice Game (\$3 to play) 11 – 11:45AM

**3/13** Friday the 13th Luncheon 11:45AM

**3/15** Southern Tier Orchid Society 1:30 – 2PM Social Time, 2 – 4PM Meeting

**3/17** St. Patrick's Day Luncheon 11:45AM

**3/18** LGBTQ+ Senior Social Group 3 – 4PM

**3/18** Alzheimer's Association – Caregiver Support Group 4 – 5PM  
 Registration and pre-screening required; call ALZ at 315-472-4201 x227.

**3/19** Legal Aid 9 – 12PM Call 607-797-3145 for an appointment.

**3/19** "Impressions of Joy" Workshop with Christina from The Memory Maker Project 1 – 2:30PM

**3/24** Chop & Chat (Faith in Action) 11 – 12PM Signup by 3/17.

**3/25** Haircuts 10 – 11:30AM Call for an appointment.

**3/26** Job Fair 4 – 6PM

### **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:**

**3/3 & 4** AARP Defensive Drivers Course 10 – 1:30PM Signups required.

**3/3 & 17** Golden Agers 12PM

**3/11** Discover Live: Ohrid, North Macedonia 10:30AM

**3/12** Breakfast 10AM

**3/13** Friday the 13th Luncheon 12PM

Irish Dancers performing 12:30PM

- 3/17 Discover Live: St. Patrick's Week in Dublin, Ireland 11AM
- 3/17 St Patrick's Day Luncheon 11:30AM
- 3/18 Chef Plates 11:30AM
- 3/19 Soup and Salad Bar 11:30AM
- 3/23 "Impressions of Joy" Workshop with Christina from The Memory Maker Project 12:15PM
- 3/27 Pub Burger Bar 11:30AM
- 3/27 Burn and Fire Prevention for Older Adults presentation by Upstate Medical and The Broome County Dept. of Emergency Services 12PM

**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 10AM; Ice Cream 12PM
- Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

**Special Activities**

- 3/2 King High Card Game 12PM
- 3/3 Flex & Fuel BINGO "Discover the Power of Nutrition" with Donna and Bridget, OFA Nutrition Department 12PM
- 3/4 Loaded Baked Potato Bar 11AM
- 3/6, 13, 20, 27 Vivo Exercise Class 10AM
- 3/9 & 23 Chop and Chat 10AM Call to reserve your spot.
- 3/10 Card Making with Mercia 9:30AM \$10 Call to reserve your spot.
- 3/11 & 25 Vestal Library Technology Assistance 10:15AM
- 3/11 Discover Live: Ohrid, North Macedonia 10:30AM
- 3/12 Philly Cheesesteak Day 11AM Takeout available.
- 3/13 Friday the 13th Luncheon 11:45AM
- 3/12 "Impressions of Joy" Workshop with Christina from The Memory Maker Project 10:15AM
- 3/16 Breakfast for Lunch - Blueberry Pancakes, Sausage, Scrambled Eggs and Potatoes 11AM Dine in only.
- 3/17 St. Patrick's Day Party 10AM Irish Dancers 10:15AM Wear green!
- 3/17 Discover Live: St. Patrick's Week in Dublin, Ireland 11AM
- 3/24 Vestal Senior Club Meeting Day 12:15PM
- 3/25 Town of Vestal presentation on "Handicapped Parking and Tax Exemption Changes" 11:30AM
- 3/26 Craft Day with Gail - Jar Grips 10AM Call to reserve your spot.
- 3/26 Discover Live: Gdańsk, Poland 11AM
- 3/27 Pizza or Chef Salad Day 11AM Call for a reservation.
- 3/27 Bunko Day 12PM



**Downsize & Declutter Discussion with Joan**

**Family Photos**

Get a jump on sorting family photos on paper or on your phone. Discard any duplicates of an event or person. Discard any pictures you don't know who's in them, or any with no people. What stories do these photos tell? Let's only keep the ones with stories.

Discuss more on Tuesday, March 10th at 3PM at the Broome West Senior Center or on Zoom.

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

**Events at the Centers**

**Broome West Senior Center**

Friday, March 27th at 12PM  
 Poppin' Pierogi Class with Renee

Signups opening on 3/9. Call 607-785-1777 for details.

**Chenango Bridge Senior Center**

Wednesday, March 18th  
 3 Year Anniversary & St. Patrick's Day Celebration

Meal served at 11:30AM  
 Followed by entertainment by Friday at Fred's!

Wear green!

**Deposit**

Every Thursday from 10:30 - 12:30PM  
 Wii Games!

**Eastern Broome**

Thursday, March 19th from 11:30 - 12:30PM  
 Golden Griddle - Breakfast for Lunch

Eggs, Sausage or Bacon, Cheesy Hash Browns, French Toast, Belgian Waffles, Juice, Coffee, and Fruit! dessert. Walk-ins welcome! Come try our popular BLT!

**First Ward**

Tuesday, March 24th at 1PM  
 White Elephant Auction

Come and take your chances on outbidding your friends for items up for auction. The catch? This is a blind auction; all items will be wrapped.

**Johnson City**

Sunday, March 1st from 2 - 4PM  
 Swing Into Spring (formerly the Snowflake Follies)

Whether you're listening to the mellow sounds of the Blue Velvet Big Band or dancing, come join us to Swing Into Spring! \$12 admission per person. Concession stand available.

**Northern Broome**

Friday, March 27th at 11:30AM  
 Pub Burger Bar

**Vestal**

Wednesday, March 4th at 11AM  
 Loaded Baked Potato Bar

Join us for a baked potato with all the fixings!  
 Ice cream for dessert.



**Home Repair Service for Seniors**

- Call us about seasonal repairs!

The council employs a staff of skilled technicians to do small, but necessary, repair jobs helping seniors continue living in their homes. We do small home repairs for qualifying seniors in the Town of Union and Binghamton.

For more information contact First Ward Action Council at **607-772-2850**.

Address: 167 Clinton Street, Binghamton, NY 13905  
 Email: [Fwac-general@firstwardaction.org](mailto:Fwac-general@firstwardaction.org)  
 Website: [www.firstwardaction.org](http://www.firstwardaction.org)





**Genealogy 101 Workshop**

Vestal Museum : 328 Vestal Pkwy E, Vestal  
Sunday, March 1st 1PM

Anissa Harper and the members of Tuscarora Chapter, Daughters of the American Revolution, will introduce you to the fascinating world of genealogy, helping you learn how to begin tracing your roots and uncover meaningful family stories. The program will provide an overview of popular genealogy websites and valuable local resources to support your research. Whether you're just starting out or simply curious about your heritage, you'll leave inspired, informed, and ready to explore your family's unique history.

**Vestal High School Sports Spotlight**

Vestal Public Library: 320 Vestal Parkway East, Vestal  
Wednesday, March 4th 7PM

A nostalgic, unique, and fun evening of "sports talk" from well-known school leaders, coaches, and others. This event is free and open to the public - light refreshments provided. Sponsored by the Vestal Historical Society.

**Classic Book Club**

George F Johnson Library: 1001 Park Street, Endicott  
Thursday, March 5th (First Thursday of the month) 1 - 2PM

Join in person or on Zoom (Zoom meets 7 - 8PM). To join on Zoom, visit [www.tinyurl.com/GFJTC-class](http://www.tinyurl.com/GFJTC-class)

March Selection:

*One Hundred Years of Solitude* by Gabriel García Márquez

April Selection: *To Kill a Mockingbird* by Harper Lee

**Local Library Book Sales**

George F. Johnson Library: 1001 Park Street, Endicott

Friday, March 6th 10 - 4PM

Saturday, March 14th 10 - 2PM

Friday, March 20th 10 - 4PM

Cash only. For more information, please visit [www.gfjlibrary.org/friends/](http://www.gfjlibrary.org/friends/)

Broome County Public Library: 185 Court Street, Binghamton

\$5/Bag of Books

Wednesday, March 11th 4 - 7PM

Thursday, March 12th 10 - 2PM

Friday, March 13th 10 - 2PM

Saturday, March 14th 10 - 1PM

For more information, please visit [www.thebcpl.org/events/upcoming](http://www.thebcpl.org/events/upcoming)

**First Friday**

Downtown Binghamton

Friday, March 6th 6 - 9PM

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

Check out the website for events:

[www.broomearts.org/in-the-community/first-friday/](http://www.broomearts.org/in-the-community/first-friday/)

**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!

**Let's Get It On - The Marvin Gaye Experience**

The Schorr Family Firehouse Stage: 48 Willow Street, Johnson City  
Friday, March 13th 7PM

Featuring acclaimed performer and Grammy Nominated Jackie's Boy. This dynamic live tribute honors the music, message, and enduring legacy of Marvin Gaye, one of the most influential voices in American music history. Jackie's Boy brings Gaye's iconic sound to life with powerful vocals, heartfelt delivery, and an undeniable stage presence that resonated strongly with Firehouse Stage audiences.



**LGBTQ+ SOCIAL GROUP:**

The next LGBTQ+ Senior Social Group will be

Wednesday, March 18th from 3 - 4PM

at the Johnson City Senior Center

30 Brocton Street, Johnson City



**Join the Memory Maker Project for "Impressions of Joy."**

Join the Memory Maker Project for "Impressions of Joy." This hands-on printmaking workshop blends creativity, conversation, and community connection. Participants explore personal sources of joy and translate them into simple, beautiful, printed artworks. The session encourages both artistic expression and social interaction, culminating in a collaborative art display.

**The Memory Maker Project "Impressions of Joy" Workshop**

**Eastern Broome Senior Center** - March 5th 12PM

**Chenango Bridge** - March 6th 12:30PM

**Vestal Senior Center** - March 12th 10:15AM

**Johnson City Senior Center** - March 19th 1 - 2:30PM

**Broome West Senior Center** - March 20th 10AM

**Northern Broome Senior Center** - March 23rd 12:15PM

**Deposit Senior Center** - April 9th 11AM

**The Memory Maker Project "Hands Together" Workshop**

An Intergenerational Creative Workshop Series

Join the Memory Maker Project along with Binghamton University students for three afternoons packed with creativity and connection. Participants will enjoy thoughtful conversations and interactive artmaking.

**Johnson City** - March 11th, 18th, & 25th 12:30 - 2PM

Registration is required. Please call Christina at

607-240-6204, or email [cmuscat1@binghamton.edu](mailto:cmuscat1@binghamton.edu)

**TECHNOLOGY CORNER**

As we focus on nourishing our bodies and exploring new ways to eat well, technology can be one of your most helpful tools for healthy living.

If you've enjoyed the healthy recipes found right here in the Senior News, imagine having a world of culinary inspiration just a click away. Our technology classes can help you unlock the potential of your tablet or smartphone to support your wellness journey:

- Learn how to search for nutritious recipes that fit your specific dietary needs, from heart-healthy meals to delicious low-sodium favorites.
- Master how to save and bookmark your favorite online recipes so you can find them instantly whenever it's time to cook.
- Discover how to use digital grocery lists and apps that help you find fresh ingredients and plan your meals for the week ahead.

Whether you are looking for a new way to prepare your favorite vegetables or simply want to try a different healthy dish, our classes are here to guide you. We provide a patient, no-pressure environment where beginners can thrive. No question is ever too small!

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

- George F. Johnson Tech Center comes to the Broome West Senior Center  
Wednesday, March 11th 11AM
- Vestal Library comes to the Vestal Senior Center  
Wednesday, March 11th and 25th 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 [bcpreference@gmail.com](mailto:bcpreference@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**

**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 March, we will be walking through Ohrid, Dublin, Waterford, Venice and Gdańsk. These are free classes, and no reservations are required.

**March 11th 10:30AM**



Virtual walking tour through **Ohrid, North Macedonia** (streamed to the Johnson City, Vestal and Northern Broome Senior Center)

**March 17th 11AM**



Virtual walking tour through **St. Patrick's Week in Dublin, Ireland** (streamed to the Vestal, Northern Broome and Deposit Senior Center)

**March 19th 10AM**



Virtual walking tour through **Waterford, Ireland** (streamed to the Broome West Senior Center)

**March 24th 1:30PM**



Virtual walking tour through **St. Mark's Square in Venice, Italy** (streamed to the Broome West Senior Center)

**March 26th 11AM**



Virtual walking tour through **Gdańsk, Poland** (streamed to the Broome West and Vestal Senior Center)



**Join us for Flex and Fuel Bingo!**

“Discover the Power of Nutrition”

- Come participate in a fun game of BINGO
- Learn tips to build healthy habits into your daily routine
- Learn about making informed food choices and developing healthy eating and physical activity habits
- Participate in moderate stretch and balance exercises you can practice at home
- Have a chance at winning special prizes!

**Upcoming Sessions:**

**Vestal** – Tuesday, March 3rd at 12PM

**Broome West** – Friday, March 13th at 12:40PM

**First Ward** – Thursday, March 19th at 11:15AM

**Deposit** – Thursday, March 26th at 12:40PM

**Chenango Bridge** – Monday, March 30th at 12:30PM

Broome County  
**Office for Aging** 

**FREE SPEECH AND LANGUAGE SCREENINGS  
BY BINGHAMTON UNIVERSITY**



Do you know of someone who recovered from a stroke, but their speech is unclear? Or are you wondering if you are at risk of dementia? Come and get a free neurocognitive communication screening! If you sign up, a licensed and certified speech therapist will ask you to read a short page to examine the clarity of your speech. You will also complete a free dementia screening using a standardized questionnaire called SLUMS. The entire screening will take 5-10 minutes.

**Location and Date/Times**

**Deposit Senior Center** – March 3rd 10:30 – 1:30PM

**Broome West Senior Center** – March 4th 10:30 – 1:30PM

**First Ward Senior Center** – March 6th 10:30 – 1:30PM

**Chenango Bridge Senior Center** – March 25th 10:30 – 1:30PM

**Eastern Broome Senior Center** – March 27th 10:30 – 1:30PM

To sign up: Call Dr. Reethee Antony, Ph.D., CCC-SLP and the Division of Speech and Language Pathology at **607-777-4664** and leave a voicemail with your phone number and the best times to call.



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

- April 14th – Yellow Brick Road Casino
- May 6th – Penn’s Peak: Iconic Women of Music
- May 14th – Ethnic Bakery Tour NYC
- May 29th – Shawnee Playhouse: Kitchen Witches

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

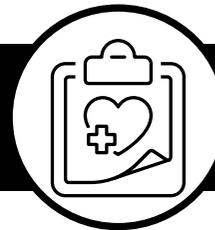
- April 15th – Turning Stone Casino & Bingo
- June 17th – The Stourbridge Line Train in Honesdale, PA
- October 19th – 21st Sight & Sound Theater in Lancaster, PA for “Joshua”

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

- March 18th – Hunterdon Hills Playhouse
- 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
- June 4th – Forestburg Playhouse for “Murder for Two”, a musical/comedy
- July 7th – Cortland for “9 to 5” a Dolly Parton themed play
- November 3rd – 4th Lancaster for American Music Theater for Holiday Show and Sight & Sound for “Joshua”



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

- March 6 & 20: Johnson City
- March 13 & 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.

## FRIDAY THE 13<sup>TH</sup> PARTIES at the Senior Centers

Friday the 13th can signify bad luck with some people. The superstition is similar to the belief that crossing paths with a black cat, walking under a ladder, opening an umbrella indoors or breaking a mirror may all bring bad luck.

The history of Friday the 13th being bad luck goes all the way back to 1834. Friday the 13th happens at least once per year and sometimes up to three times in a year.

This year we'd like to celebrate Friday the 13th with good food and friends. We don't think of it as a bad luck day, we think it is a lucky day to get to meet new people, socialize and enjoy food with friends!

Join the senior centers for a luncheon of kielbasa or beer battered fish with pierogies and a peanut butter pie cup for dessert. The centers will have a variety of activities.

There is a suggested voluntary contribution for lunch of \$4.00 for those age 60+ and spouse of any age. People under age 60 will be charged \$5.00 for lunch. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Lunch reservations are needed. Please call a participating center to make your reservation (phone numbers and additional activities are listed in the Look What's Happening section of this paper).

### Burn and Fire Prevention for Older Adults

Developing Safe Habits: Burn and Fire Prevention for Older Adults is an engaging safety program offered by the Clark Burn Center in collaboration with the NYS Office of Fire Prevention and Control Risk Reduction Unit and local Fire Departments. Designed for older adults who face increased burn risk due to age-related changes such as thinner skin, slower reaction time, medication side effects, and reduced vision or hearing. The program offers practical strategies to stay safe at home. With hands-on demonstrations, safety props and decades of experience from Kelly Reed and Chris Lupold, participants will learn about safer cooking, scald prevention, home heating safety, lithium-ion battery hazards, medical oxygen precautions, smoke detectors and accessible escape planning. The session also covers how to respond if a burn occurs, emphasizing quick first aid and timely medical care to reduce complications. Every attendee receives a free safety kit with helpful tools and resources. This program is an excellent reminder for all of us to stay mindful and proactive about fire and burn safety.

Broome County Senior Center dates:  
 Broome West - March 25th 10:30AM  
 Northern Broome - March 27th 12PM  
 First Ward - April 14th 12PM  
 Eastern Broome - April 16th 12:30PM

### 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, March 17, from 9am-1pm at the Eastern Broome Senior Center, located at 27 Golden Lane, Harpursville, NY, 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.



### AARP FOUNDATION TAX-AIDE OF BROOME COUNTY, NY SITE LOCATIONS AND TIMES OF OPERATION

February 2 to April 9 - 2026

**IN 2026, ALL SITES REQUIRE AN APPOINTMENT MADE IN ADVANCE; WE WILL DO YOUR RETURN WHILE YOU WAIT.**

**SENIOR CENTER SITES:**

- **BINGHAMTON FIRST WARD:** 226 Clinton Street  
TUE & THU • For Appointment Call: 607-797-2307
- **Johnson City:** 30 Brocton Street  
TUE, WED & THU • For Appointment Call: 607-797-3145
- **Whitney Point:** 12 Strongs Place  
CALL FOR DAYS & Appointments: 607-692-3405
- **Broome West (Endwell):** 2801 Wayne Street  
8:30am - 4:00 pm weekdays;  
Appointments on: TUE, WED and THURS, 9:30 am to 1:30 pm  
For Appointment Call: 211 or 1-800-901-2180  
Specify Broome West Senior Center site
- **Broome County Library:** 185 Court St., Binghamton  
8:30am - 4:00 pm weekdays;  
Appointments: MON, TUES, WED, THU, 10:00am-2:00pm  
For Appointment Call: 211 or 1-800-901-2180  
Specify Broome County Library site  
Open unless library closed due to weather;
- **George F Johnson Library:** 1001 Park St, Endicott  
8:30am - 4:00 pm weekdays;  
Appointments on: TUE and THURS, 9:20 am to 1:40 pm  
For Appointment Call: 211 or 1-800-901-2180  
Specify George F Johnson Library site
- **Union Center Christian Church:** 950 Boswell Hill Rd, Union Center  
Tues thru Thurs 9 am - 4 pm  
Appointments on WED 3pm-6:00 pm  
For Appointment Call: 607-754-8222
- **Vestal United Methodist Church:** 328 Main St. Vestal  
8:30am - 4:00 pm weekdays;  
Appointments on: MON, TUE and THU, 9:30 am - 1:30 pm  
For Appointment Call: 211 or 1-800-901-2180  
Specify Vestal site



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



## CAREGIVER CORNER

*Ideas and information for people caring for others.*

### The Broome West Caregiver Chat:

Date: Wednesday, March 11th 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, March 7th 11 - 2PM • First Saturday of the Month  
St. Anthony's Church Hall • 300 Odell Ave, Endicott

Saturday, March 14th 1 - 4PM • Second Saturday of the Month  
Grace's Place • Grace Lutheran Church: 709 Main St, Vestal  
RSVP 607-748-0840 • Registration packets are available online at [www.gracelutheranchurchvestal.com/graces-place](http://www.gracelutheranchurchvestal.com/graces-place)

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

Saturday, March 28th 11 - 2PM • Fourth Saturday of the Month  
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

### WEDNESDAY RESPITE

Wednesday, March 11th 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.

### **March 3rd is Caregiver Appreciation Day!**

**We see you!** Today in the **Caregiver Corner**, we are shining a bright light on the heroes among us. Whether you are a family caregiver, a professional, or a supportive friend, your hard work keeps our community moving forward. We see your sacrifices, we value your strength, and today, we celebrate **you**.



**DO YOU...**

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

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

Call NY Connects 1-800-342-9871

**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!

### **OFA Mini Bus Service**

The OFA Mini Bus operated by BC Transit, provides a curb-to-curb transportation service to those who are age 60. In a 2025 survey, 92% of older adults reported feeling satisfied with the service. 97% reported that the OFA Mini bus service is reliable. Over half of the past riders utilized this service to obtain food and 80% of them used it to access medical care.

If you are ready to try out this convenient transportation service here are some details:

- Operates 9:00 am to 4:00 pm Monday through Friday
- Covers urban areas of Broome County. This includes Binghamton, Johnson City, Vestal, Endicott, Endwell, Chenango Bridge and parts of Kirkwood and Conklin.
- Must have an OFA ID card to use this service. Call 607-778-2411 for an application
- Make a reservation for the bus to pick you up at your home or other point of origin and deliver you to your destination. Your reservation may include 1-2 guests.
- Those who are 60+ and have an OFA ID card can ride for a suggested contribution of \$2.50 per ride. Guests under 60 who accompany an older adult on their ride must pay \$3.00. Guests over 60 who have an ID card can ride for a suggested contribution.

For travel training and other transportation option call Getthere Call Center at **607-296-2509**.



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

### Banana Pudding

Dress up instant pudding mix with this dessert that combines low fat dairy and fruit for a tasty, nourishing treat.



**Ingredients**

- 1 (3.4 ounce) box instant pudding mix, banana or vanilla
- 2 cups fat-free (skim) milk (or 1% milk)
- 1 (8 ounce) container of fat-free plain yogurt (or non-dairy whipped topping)
- 2 medium bananas, sliced (or other sliced fruit)

**Directions**

1. In a medium bowl, combine pudding and milk. Beat with wooden spoon, wire whisk, or electric mixer on lowest speed for 2 minutes
2. Gently mix yogurt (or whipped topping) with pudding mixture. Refrigerate for 30 minutes.
3. Layer fruit slices in the bottom of 8 dessert cups.
4. Pour the pudding mixture over sliced fruit. Top with more fruit.
5. Refrigerate until ready to serve, at least 5 minutes. The taste is better if it's refrigerated longer.

<https://www.myplate.gov/recipes/banana-pudding>

### Simple Green Smoothie

Add kale or spinach to this fruit smoothie for a quick and delicious breakfast or snack.



**Ingredients**

- 1 cup kale or spinach
- 1 medium banana
- 1 cup low-fat milk (or fortified soy, coconut, or almond milk)
- 1 cup plain low-fat yogurt
- 1 medium apple (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)
- flax seeds, 1 tablespoon (optional)
- chia seeds, 1 tablespoon (optional)

**Directions**

1. Add the kale or spinach and the liquid of your choice to a blender. Blend.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.
4. Reserve the leftover smoothie in the refrigerator for later in the day or the next day.

<https://www.myplate.gov/recipes/simple-green-smoothie>

### Vinaigrette Salad Dressing

Making your own salad dressing is quick and easy. You can start out with this basic recipe and adapt as needed to fit the ingredients of your salad and your preferences. Mix the vinaigrette in a bowl with a fork or whisk or shake it in a jar with a tight-fitting lid.



**Ingredients**

- 6 tablespoons vegetable oil (olive, canola, avocado, or cooking oil of choice)
- 4 tablespoons vinegar (cider, balsamic, or red wine vinegar)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon mustard (yellow, Dijon, or brown mustard)

**Directions**

1. Mix all ingredients together.
2. Serve.

<https://www.myplate.gov/recipes/vinaigrette-salad-dressing>

### Pasta with Greens, Beans, and Chicken

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



**Ingredients**

- 16 ounces whole wheat pasta
- 1 tablespoon vegetable oil (or cooking oil of choice)
- 1/2 medium onion, chopped
- 3 cloves garlic, chopped
- 2 cups cooked chicken cubes (or 3 chicken sausages, chopped)
- 6 cups spinach, chopped (or 1 bunch Swiss chard)
- 1 can (15.5 ounces) low-sodium cannellini beans, rinsed and drained (can also use great northern or navy beans)
- 2 cups low-sodium chicken broth (or vegetable broth)
- 1 teaspoon Italian seasoning
- salt and pepper (optional, to taste)
- Parmesan cheese, grated (1/2 cup, optional)

**Directions**

1. Cook the pasta according to directions on box and drain.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes, add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add spinach (or chard), beans, chicken or vegetable stock, and Italian seasoning.
6. Add in cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with Parmesan cheese before serving (optional).

<https://www.myplate.gov/recipes/pasta-greens-beans-and-chicken>

# 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	

## Ask the Office

Are you looking to lower your daily calories and sugar intake?

The Office for Aging offers an Alternate menu option. The alternate option is the regular menu with **alternate** lower sugar options.

This menu is the same as the regular menu shown on the back page of this publication but provides an alternative option (primarily related to desserts) with less added sugar. An alternate selection is offered when an item on the regular menu contains higher amounts of added sugar. The alternate option is available to all interested, however when ordering or reserving meals, the preference for this option must be stated. The alternate menu may be helpful to those with diabetes, those desiring to lose weight, and to those who simply prefer the alternate menu options.

Please call the Office for Aging Dietitian at **607-778-2411** if you have any questions about this information or have general nutritional concerns.

## March for Meals

This March, we would like to invite you to join us in celebrating March for Meals. March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults age 60 and older. Meals on Wheels is part of the National Nutrition Program.

Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers. You may know someone who has benefited from this program, whether as a long-term participant or as short-term help after recovering from an illness or surgery.

To support the program, call a friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

If time is an issue, you can also support March for Meals by donating online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior/donations>. To donate by check, **make checks payable to Broome County Office for Aging and mail to 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a "March for Meals" donation.**

Through volunteering, donating, or speaking out, you can ensure the older adults in your neighborhood live healthy, happy, and independent lives at home, where they want to be.

We surveyed current Meals on Wheels clients about their experiences with Meals on Wheels and here are a few of their responses:

"Volunteers definitely brighten my day! Warm smiles and real conversations"

"Program is a godsend for me!"

"I walk with a cane so having the meals prepared is very helpful"

"It takes the strain off of us and the people that help us. It's a happy time of day when the meals show up"

"Program is A++"

"God bless all of you wonderful folks at Meals on Wheels"

We need your support to keep this program going strong! For more information on receiving Meals on Wheels or volunteering to deliver meals, please call the Office for Aging at **607-778-2411**.

## March is National Nutrition Month!

This National Nutrition Month, let's promote healthy eating for older adults. As we age, healthy eating habits are as important as ever. Eating nutritious foods can help older adults manage chronic health conditions and lower their risk of serious health problems like heart attack and stroke.

Good nutrition is key to staying healthy, active and independent as you get older. And it's never too late to make healthy changes! Follow these tips to build a healthy eating routine that works for you.

### Choose a mix of healthy foods

There are lots of healthy choices in each food group. Choose a variety of foods you enjoy, including:

- Whole fruits – like apples, berries, oranges, mangos and bananas
- Veggies – like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama
- Whole grains – like brown rice, millet, oatmeal, bulgur, whole wheat bread and pasta
- Protein foods – like lean meats, chicken, eggs, seafood, beans, lentils, nuts, seeds and tofu
- Low-fat or fat-free dairy – like milk, yogurt, cheese, lactose-free dairy, soy milk or soy yogurt
- Oils – like vegetable oil, olive oil and oils in foods like seafood, avocado and nuts

### Get enough protein and vitamin B12

Protein can help prevent muscle loss as you age, and many older adults don't get enough. Lean meats, poultry and eggs are good sources of protein, but most older adults already eat the recommended amount of these. So branch out and try these tips to include a variety of healthy protein choices in your eating routine.

- Seafood – eat fish or shellfish instead of meat a couple times a week
- Soy – drink unsweetened soy milk and add tofu to your stir fry, soups and stews
- Dairy – drink low fat (1%), fat free (skim), or lactose free milk with meals and add low fat yogurt and cheeses to your eating routine
- Beans, peas and lentils – Use black beans, red lentils, or chickpeas in place of meat in your favorite recipes

Many older adults have trouble getting enough vitamin B12.

You can get B12 from:

- Foods from animal sources – like meat, seafood, dairy products and eggs
- Fortified plant foods with added vitamin B12, like fortified soy milk and some whole grain breakfast cereals

### What about taking supplements?

It's best to get most of the nutrients you need from food and drinks. But some older adults may need supplements to get enough of certain nutrients, like vitamin B12 and vitamin D. Talk to your doctor before you start taking any supplements.

Sourced: <https://odphp.health.gov/news/202503/national-nutrition-month-lets-promote-healthy-eating-older-adults>

## 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.

### Foot Care and Safe Steps

As people age, the prevalence of foot problems increases. Foot problems include toenail issues/deformities, corns and calluses, bunions, fungal infections, lesser toe deformities, cracks, fissures and macerations. These foot problems may increase foot pain and make walking more difficult.

Your healthcare provider or podiatrist can check your feet and determine if there are issues that increase your risk of falling. Podiatrists diagnose and treat foot conditions. **Ask your healthcare provider to check your feet once a year.** See a podiatrist if you have foot problems, such as toe or foot deformities or foot pain.

Source: [www.cdc.gov/steady](http://www.cdc.gov/steady)



## Scam of the Month

### Tech Support Scams

Tech support scammers make their attacks when you least suspect it. You may be distracted by doing some online shopping, admiring family photos on your computer, or reading the news. All of a sudden, you see a notification pop up on your computer, telling you there has been a security threat. The message instructs you to call a telephone number for a tech support agent who will assist you. This "tech-support agent" is actually a scammer who will walk you through steps that ultimately allow them access to your computer and all the information stored on it. This could include banking information and other personal information.

Tech support scammers often pretend to be associated with a well-known company, such as Microsoft, Apple, Dell, Or Best Buy's Geek Squad. They will use tactics such as falsely claiming that your computer has been infected with a virus. They can request that you provide them with personal information or remote access to your computer. They may also ask for your credit card information or bank account numbers to bill you for their alleged services.

If you suspect this scam is happening to you, stop what you are doing, disengage yourself with the suspected scammer, and turn off your computer right away. If you believe scammers may have gained access to your computer, you can take it to your local computer repair or tech support business to have a technology professional examine your computer.

You can report scams to the FTC (1-877-382-4357) and the Attorney General's Office at 607-251-2770. If your banking information has been compromised be sure to report this to your bank and credit card companies.

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

### No Cost Medicare Counseling at AOP

Action for Older Persons (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, annually certified by NYS and familiar with many local programs.

Medicare can be confusing for many people, causing them to miss important deadlines. March is a critical month for Medicare beneficiaries as there are 2 major deadlines that end on March 31st. If you are enrolled in a Medicare Advantage Plan (MAP), you have the opportunity for one switch to a different MAP or return to Original Medicare and add a standalone drug plan until the end of March.

The second deadline is for the General Enrollment Period (GEP), which occurs from Jan 1 – March 31 annually. This is for those who missed their Initial Enrollment Period when they first turned 65 and do not qualify for a Special Enrollment Period. Before the end of March, you can sign up for Part A and/or Part B with Social Security, and in this instance, it would be effective on April 1st. Be aware: using the GEP to sign up for Medicare may result in a permanent late enrollment penalty.

Once, you have a Medicare number, we can help you explore your options to find a plan that is best for you. If you have Medicare questions, please give us a call here at AOP **607-722-1251** where you can meet with one of our expert counselors.

### LOCAL HISTORY

In observance of Women's History Month this March, we are privileged to dedicate this issue to celebrating the profound and essential contributions of women in shaping Broome County.



Charla G. Hull  
1895 – 1985

Without even going to law school, Charla excelled in her field. After graduation from Binghamton High and Swarthmore College, she "read law" and worked under other local attorneys. In 1945, she was the first woman in Broome County to be nominated for local office (County Clerk) – though lost. But in the same year she was the first woman from New York State to be named as U.S. Commissioner, an elective post she held for 45 years. Her interest in voting issues began with the Suffrage Movement in Broome, and she became the spokeswoman for the local League of Women Voters. She never learned to drive, but instead rode her bay quarter horse as transportation, even into Binghamton from her home in Hillcrest.



Dr. Amy Margaret Gilbert  
1895 – 1980

Dr. Gilbert was a well-traveled, much-published professor who came to Harpur's College's History Department in 1953. She remained connected with SUNY Binghamton for the rest of her life. In 1946 she became head of the Historical & Political Sciences Department at the Associated Colleges of Upper New York, and in 1950 was Dean of Academic Administration of Champlain College – making her one of the first women to be head of a coeducational liberal arts school in the U.S. In 1966 she traveled throughout the U.S.S.R., Afghanistan, Iran, Turkey and Greece. As a representative of the Gannett Newspapers, she attended many sessions of the League of Nations, and sent summary articles to the U.S.

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

### Lyceum at 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 Rhonda Branca, director at [rbranca@binghamton.edu](mailto:rbranca@binghamton.edu) or **607-777-2581**

# NOW HIRING

## Broome County Office for Aging

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

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### BC Transit needs Van Operators



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Save time and apply online at [broomecountyny.gov/transit/employment](http://broomecountyny.gov/transit/employment)



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### Healthy Eating Can Improve Mental Health!



We often hear nutrition is important for our physical health, but did you know it also affects mental health? Nutrition has been connected to behavior, mood and the treatment of mental illness.

Studies have found that a highly processed diet can put us at a higher risk of developing anxiety or depression. A highly processed diet includes foods that are high in sugar, fat, and sodium and is low in produce, whole grains and other healthful whole foods.

#### Gut feeling

Your gut and brain communicate with one another. Research has shown a link between a healthy gut and mental health. For example, omega-3s, healthy fats that your body cannot produce on its own, travel through the digestive system, pass into the brain and interact with mood-related molecules inside the brain. Studies have shown some improvements for patients with depression and other mood disorders when they take omega-3s, but more research is needed.

#### Six ways to improve your diet and support mental health

The Mediterranean diet, which includes beans, nuts, fruits, lean proteins, vegetables and whole grains, is associated with reduced depressive symptoms and improved quality of life.

Here are some ways to incorporate the Mediterranean diet to support your mental wellbeing:

1. Add color to your plate: Challenge yourself to add a piece of fruit or a vegetable at every meal or snack you eat.
2. Change your breads and pastas to whole grain options. Oatmeal, whole wheat bread, whole wheat pasta or wheat crackers are good choices.
3. Add unsalted nuts as a snack or to salads. Try almonds, walnuts and pistachios.
4. Make one vegetarian dinner a week by eliminating meat and adding beans as your protein source. Try serving beans for your next Taco Tuesday!
5. Decrease your sugar intake by limiting soda and desserts to occasional treats.
6. Give fish a try! Experiment with salmon, sardines or anchovies to increase omega-3 fatty acids.

- Kathryn Szklany MA, RDN, CDN

Home Based Primary Care Dietitian, Syracuse VA; Stephanie Pradun, RDN, Informatics Dietitian, Palo Alto VA

Source: <https://news.va.gov/140417/healthy-eating-can-improve-mental-health/>

### Trivia

What is celebrated on March 14th?  
**P! Day! (Albert Einstein's birthday)**

### Are All Processed Foods Unhealthy?

Kathleen Cook, Nutrition Educator,  
Cornell Cooperative Extension Broome County

The term “processed food” has been in the news recently with the publication of the 2025–2030 Dietary Guidelines for Americans. Its first message is to “eat real food.” So, does processing food make it not “real”?

Let’s clarify. Grinding wheat into flour is processing, as is freezing vegetables and fruits. The more food gets processed the fewer health benefits it generally has. For example, refined white flour is not as nutritious as whole grain flour.

Whole foods are unprocessed or barely processed and have just one ingredient listed on the package, or don’t have any ingredient list, such as fresh and frozen fruits & vegetables.

In many cases, ready-to-eat food is minimally processed to last longer or change the taste, like applesauce or canned and jarred vegetables, making those foods conveniently available through all seasons and providing a less expensive option to fresh produce off-season.

It is the ultra-processed foods that we need to be wary of. These often have long ingredient lists with artificial flavors and preservatives. They sometimes are engineered to make you want to eat more, such as certain snack foods. Food marketing often encourages overeating of these foods which can also mean under eating others, such as vegetables and fruits.

You can improve your health by being aware of your habits. Do your own minimal processing by cutting up fresh fruit and vegetables and eating them for snacks. Put a limit on your processed snack foods by not eating from the bag. Make your snack foods more nutritious, like dipping potato chips in plain non-fat Greek yogurt instead of sour cream or eating hummus with pretzels.

Take charge of your health by using the nutrition facts label and ingredients label to make healthful choices right for you!

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### Trivia

What is the capital of Canada?

Ottawa

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## • ANSWERS •

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

# March 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.*

<b>Ham &amp; Scalloped Potatoes</b> Peas Ice Cream Cup	<b>2</b>	<b>Beef Burgundy Over Buttered Noodles</b> Carrots Chocolate Pudding	<b>3</b>	<b>Liver w/Onions OR Roasted Chicken Thigh</b> Mashed Potatoes Broccoli Florets Banana	<b>4</b>	<b>Manicotti</b> Italian Green Beans Garden Salad Sugar Cookie	<b>5</b>	<b>Sausage Link OR Citrus Broiled Fish</b> Roasted Potatoes California Blend Vegetables Harvest Pumpkin Coffeecake	<b>6</b>
<b>Beef Stew over Over a Biscuit</b> Cut Green Beans Warm Spiced Apples Cranberry Oatmeal Cookie	<b>9</b>	<b>Four Cheese Macaroni &amp; Cheese</b> Stewed Tomatoes Brussels Sprouts Fresh Orange	<b>10</b>	<b>Chicken Salad Croissant</b> Stuffed Pepper Soup Applesauce Blueberry Coffeecake	<b>11</b>	<b>Grandma's Meatloaf OR Halupki</b> Mashed Potatoes Peas & Carrots White Oreo Cake	<b>12</b>	<b>Friday the 13<sup>th</sup> Party! Kielbasa OR Fish</b> Pierogies w/Onions Broccoli Florets PB Pie Cups	<b>13</b>
<b>Carbonara Sauce With Chicken &amp; Spinach Over Pasta</b> Wax Beans w/Pimento Ice Cream Cup	<b>16</b>	<b>St. Patrick's Day Party! Corned Beef OR Beer Battered Fish</b> Roasted Potatoes Cabbage & Carrots Key Lime Pie Cups	<b>17</b>	<b>Pub Burger</b> Baked Beans Hawaiian Coleslaw Chocolate Chip Cookie	<b>18</b>	<b>Breaded Chicken Cutlet</b> Vegetable Beef Soup Diced Beets Peaches	<b>19</b>	<b>Meatloaf w/Gravy OR Shrimp Scampi</b> Alfredo Pasta French Cut Green Beans Pineapple	<b>20</b>
<b>Chicken N' Biscuit</b> Mashed Potatoes Cut Green Beans Peaches	<b>23</b>	<b>Pub Burger</b> Roasted Potatoes Spinach Fresh Apple	<b>24</b>	<b>Roast Turkey</b> Bread Dressing Broccoli Florets Pumpkin Pie	<b>25</b>	<b>Teriyaki Chicken</b> Baked Potato Oriental Blend Vegetables Pineapples & Oranges	<b>26</b>	<b>Swedish Meatballs OR Herbed Broiled Fish</b> Buttered Noodles Peas Blueberry Crisp	<b>27</b>
<b>BBQ Chicken Breast OR Kielbasa</b> Pierogies w/Onions Corn Banana	<b>30</b>	<b>Lasagna Soup</b> Deluxe Garden Salad Pineapple Oatmeal Raisin Cookie	<b>31</b>	Did you know that the Office for Aging offers an Alternate menu option. The alternate option is the regular menu with <b>alternate</b> lower sugar options. This menu is the same as the regular menu shown here but provides an alternative option (primarily related to desserts) with less added sugar. Please turn to page 12 for additional details.					

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



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

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

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

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