



Visit Our Website at www.gobroomecounty.com/senior



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 visiting Bordeaux, Lisbon, Florence, Bunratty and Co Claire. These are free classes, and no reservations are required.



April 9th 10:30AM
Virtual walking tour through
Bordeaux, France
(streamed to the Vestal Senior Center)



April 21st 1:30PM
Virtual walking tour through
Lisbon, Portugal
(streamed to the Broome West Senior Center)



April 22nd 1:30PM
Virtual walking tour through
Florence, Italy
(streamed to the Johnson City Senior Center)



April 24th 11AM
Virtual walking tour through
Bunratty and Co Claire, Ireland
(streamed to the Vestal Senior Center)

BE OUR GUEST!

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, the 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, April Showers will bring more Senior Center Followers!

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 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 Lisa 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 Allison 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

Like Us! Follow Us!

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

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

HEALTH AND WELLNESS

WEEKLY ACTIVITIES

Chair Yoga

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

Monday 11:00AM First Ward Senior Center (Binghamton)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

Monday 9:30AM East. Broome Sr. Center (Harpurville)
 Monday 9:30AM Johnson City Senior Center (\$3 charge)
 Friday 10:00AM Johnson City Senior Center (\$3 charge)

Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)
 Mon & Wed 1:00PM Johnson City Senior Center
 Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)
 Wednesday 10:00AM Broome West Senior Center (Endwell)

Line Dancing

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

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

Zumba

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

Mon & Fri 9:30AM First Ward Senior Center (Binghamton) (\$3)
 Tuesday 10:30AM Johnson City Senior Center (\$3)

Low-Impact Aerobics

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

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

Tai Chi

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

Thursday 1:00PM Johnson City Senior Center (\$3 charge)
 Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)
 Friday 9:30AM East Broome Sr. Center (Harpurville)

Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)
 Tues & Fri 12:30PM Johnson City Senior Center

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

Virtual Zoom Classes



Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call (607) 778-2411.

ZOOM Chair Exercises

Mon, Wed, & Thurs 9:00AM – 9:45AM

ZOOM Chair Drum Exercises

Tuesday 9:00AM – 9:45AM

ZOOM Chair Yoga

Friday 9:00AM – 9:45AM

ZOOM Drum Exercise Class

Chair exercise using cardio drumming for seniors.

Monday 1:30PM



All Are Welcome to Participate in FLEX & FUEL BINGO at Northern Broome Senior Center

The program begins **Wednesday, April 2nd at 12:30 pm**

We will meet each Wednesday at 12:30 pm for 6 weeks (April 2 - May 7)

Sessions will be no more than an hour.

- Learn Tips on maintaining a Healthy Lifestyle
- Enjoy simple exercises while having FUN playing BINGO!
- Facilitated by Bridget and Donna from OFA.
- Win Prizes!

***Sign-ups are encouraged, but not required. Come for one session or as many as you can.**

Please call Bridget at 607-778-2411 for more information.

Walk with Ease is Back!

Meeting at the Oakdale Commons in Johnson City Starting Monday, April 21st
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.

**“Nothing lasts forever. Not even your troubles.”
 — Arnold H Glasgow**

Caregiver Corner

Ideas and information for people caring for others.

Services to Help Caregivers with Loved Ones Who Wander

Alzheimer's or dementia can cause people to lose their ability to recognize familiar places. Wandering or confusion about location can happen at any stage of the disease. 6 in 10 people living with dementia will wander at least once.

The Alzheimer's Association provides tips that may reduce the risk of wandering. A full list of the tips can be found at alz.org/help-support.

- Provide structured activities, consider a day respite program
- Identify times of the day that a person may wander. Plan activities for that timeframe
- Ensure all basic needs are met
- Reassure the person if he or she feels lost
- Avoid busy or new places (unsupervised) that may cause disorientation
- Create daily check in times
- Use night lights
- Use safety covers on doorknobs
- Install warning bells above doors or use monitoring devices that signal doors opening

The Alzheimer's Association also provides action tips when wandering occurs. Some of the tips include the following:

- Start a search immediately
- Look within a 1.5-mile radius of last known location
- If person is not found within 15 minutes, call 911. Make sure you tell authorities there is a memory impairment
- Consider a Medical Alert subscription

The MedicAlert Foundation is a nationwide emergency response service that facilitates the safe return of someone who wanders. Families in Broome County are eligible for a new or a renewal enrollment at no cost. This is courtesy of a grant from the New York State Department of Health Caregiver Support Initiative. To learn more or obtain the application call Broome County Office for Aging at **607-778-2411** or Central New York Alzheimer's Chapter at **315-472-4201 ext. 227**. The application is available for print online at <https://www.alz.org/centralnewyork/education-programs#resources>.

Information derived from the Alzheimer's Association Website alz.org

The Johnson City Caregiver Chat:

Date: Monday, April 7th, 2025 **Time:** 1:00 - 2:30 PM

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

SOCIAL SATURDAYS

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

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

Saturday, April 5th 11 – 2PM • First Saturday of the Month
St. Anthony's Church Hall • 300 Odell Ave, Endicott • RSVP 607-754-4333

Saturday, April 12th 1 – 4PM • Second Saturday of the Month
Grace's Place • Grace Lutheran Church: 709 Main St, Vestal
RSVP 607-748-0840

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

Saturday, April 19th 11 – 2PM • Third Saturday of the Month
St. Mary's Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Call for More Information
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • RSVP 607-778-2946

WEDNESDAY RESPITE

Wednesday, April 9th 10:30 – 1:30PM • Second Wednesday of the Month
India Cultural Center • Route 26, Vestal 8 RSVP 607-624-6587



HOLY FAMILY FUN & GAMES

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

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

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



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

Time For You

Relax, Recharge, Revive

1st Saturday: St. Anthony's Church Hall
 300 Odell Ave Endicott • (607) 754-4333

2nd Saturday: Grace Lutheran Church
 709 Main St Vestal • (607) 748-0840

3rd Saturday: St. Mary's Church of Kirkwood
 975 NY Rt 11 Kirkwood • (607)775-0086

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

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



DO YOU...

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

You are a caregiver.
Support is available.



Call NY Connects 1-800-342-9871

Events at the Centers

Broome West Senior Center

Friday, April 25th
West Fest
11AM

Broome West's spin on the American Music Festival. Join us for our version of Woodstock. DJ Johnny Only will be here to play some of the classics from the 1960s and 1970s. Era themed attire and the desire to have a good time, is suggested! See you at West Fest!

Chenango Bridge Senior Center

Friday, April 25th
April Showers Bash
10 – 2PM
Meal served at 12PM

April brings showers, come enjoy a day with music and dancing to bring on the sunshine!

Please call 607-663-0406 by noon on 4/23 for a meal reservation.

Deposit

Thursday, April 17th
Cutting Board Conversations with Barb and Bridget from Broome County Office for Aging's Nutrition Department
10:30AM

Eastern Broome

Thursday, April 10th
Doors open at 4PM

Evening Dining with entertainment by Kevin Oriole. Kevin will perform for the first time at the center, singing and playing your favorite songs of the 1940's through the 1970s!

Dinner is a voluntary suggested contribution of \$5 for those age 60+ and their spouse of any age and a charge of \$6 for those under age 60.

First Ward

Tuesday, April 8th
Craft Class: Springtime Gnome
12:45PM

\$5/person

Call 607-797-2307 to register.

Johnson City

Krispy Kreme Doughnuts

Preorder (at JCSC or our website below) by Friday, 4/25. \$12.00 for a dozen of original glazed OR half-dozen of chocolate iced, raspberry-filled, white crème-filled or lemon-filled.

Pickup on Wednesday, 4/30 (12 – 4PM) or Thursday, 5/1 (9AM – 4PM).
<https://www.johnsoncityseniorcenter.org/>

Northern Broome

Friday, April 18th
Edible Easter Craft with Leslie
12:15PM

Vestal

Wednesday, April 23rd
Loaded Hot Dog Day
11AM

Enjoy all your favorite topping choices of Sauerkraut, Chili, Bacon, Cheese, Broccoli, Sour Cream and Chives.

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

Ask the Office

With the weather getting better, I want to start visiting a senior center. How can I learn more about them?

Every month the Senior News is full of activities and events happening at our local senior centers. You can go to a senior center for a lunch, exercise, art class, social group, trips or just to relax. Reach out to the senior center of your choice for more information.

Broome West (Endwell) 607-785-1777
Chenango Bridge 607-663-0406
Deposit 607-467-3953
Eastern Broome (Harpursville) 607-693-2069
First Ward (Binghamton) 607-797-2307
Johnson City 607-797-1149
Northern Broome (Whitney Point) 607-692-3405
Vestal 607-754-9596

If you are not able to go in person but would like to socialize you can join the Virtual Senior Center Program. The virtual senior center provides free access to online activities and classes that help participants to stay engaged and connect with others from their home. They offer a variety of classes about history, arts and crafts, computer training and exercises. To enroll in the Virtual Senior Center, simply call **607-778-2411** or email ofa@broomecountyny.gov.



Downsize & Declutter Discussion

There are common obstacles that prevent people from decluttering their homes. Some of these include:

- emotional attachment
- past trauma
- feeling overwhelmed
- denial
- fear
- lack of vision
- tackling it alone

Let's discuss at our Declutter Discussion on Tuesday, April 8th at 3PM at the Broome West Senior Center or on Zoom.

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



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

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

Volunteer Driver Opportunity:

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

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



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

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



Mark Your Calendar! Upcoming Community Events

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, April 4th 10 – 4PM
Saturday, April 12th 10 – 2PM
Friday, April 18th 10 – 4PM

Your Home Public Library

107 Main Street, Johnson City
Saturday, April 19th 10 – 12:30PM

Vestal Public Library

320 Vestal Parkway East, Vestal
Thursday, April 24th 10 – 6PM
Friday, April 25th 10 – 5PM
Saturday, April 26th 11 – 4PM

First Friday

Downtown Binghamton
Friday, April 4th 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/>

Rafael Grigorian Ballet Theatre Presents Cipollino

Broome County Forum Theatre, 236 Washington Street, Binghamton
Sunday, April 6th 2 - 4PM

\$15-30 for tickets, purchase tickets at the Mirabito Box Off, located at the Visions Veterans Memorial Arena or Ticketmaster.com

Cipollino is a delightful Italian folk tale that celebrates family and friendship. The Rafael Grigorian Ballet Theatre is pleased to restage this lovely production from its repertoire which features a cast of local dancers.

Fiddler on the Roof

Endicott Performing Arts Center, 102 Washington Avenue, Endicott
Thursday, April 10th – Sunday, April 13th
<https://www.endicottarts.com/epac-box-office>

Watch the EPAC Repertory Company perform Fiddler on the Roof.

The Family Shuhan

Phelps Mansion Museum, 191 Court Street, Binghamton
Sunday, April 13th 3PM
\$28, general admission
<https://binghamtonphilharmonic.org/home>

Join us for an enchanting afternoon of music at the Phelps Mansion Museum with "The Family Shuhan." Elizabeth (flute), Alex (French horn), and Nathaniel (piano) will play.

Volunteer at the Pollinator Garden

All month

The Sierra Club Susquehanna Group maintains a pollinator garden in Confluence Park in Binghamton. The group works closely with the city of Binghamton Parks Department to keep the garden attractive and pollinator friendly. The park is at the confluence of the Susquehanna and Chenango Rivers, rich in history that pre-dates the arrival of Europeans in the area.

There is something that one can't put their finger on about digging in the soil, planting and tending new plants, and the many chores done by dedicated volunteers which makes the garden come to new life. No experience necessary! For more information, contact Sarah at shaddow@stny.rr.com

Wyatt Earp - A Life on the Frontier

The Schorr Family Firehouse Stage, 48 Willow Street, Johnson City
Saturday, May 3rd 7 - 9PM
Tickets \$27

A dramatic retelling of the life of Wyatt Earp. Wyatt Earp, the great grandnephew of the historical lawman Wyatt Earp, depicts his famous relative in the one-man play "Wyatt Earp: A Life on The Frontier." Audience members learn about Earp's participation in the infamous 1881 shootout at the O.K. Corral in Tombstone, AZ., as well as lesser known but nonetheless intriguing details about the life of the legendary lawman.

Fenton Free Library's 2nd Annual Spring Vendor Market

Saturday, May 3rd 10 – 2PM
1062 Chenango Street, Binghamton

Over 30 local makers and crafters. Book sale, food trucks, and more!



Scam of the Month - Door to Door Scams

This time of year brings warmer weather, flowers, and chirping birds welcoming in the spring season. Door-to-door scammers also come out of winter hibernation ready to take advantage of unsuspecting consumers. Here are some common door-to-door scams to be aware of:

- Home Improvement Scams: Scammers will pose as contractors offering services such as roofing, driveway paving, or painting at discounted prices. The scammers may tell you they have leftover supplies from a nearby job they want to use up and offer to do work for you immediately and at a discounted price. Once paid, they may perform low-quality work, demand more money from you, or disappear without completing any work or leave the job unfinished.
- Fake Utility Workers: Scammers may pose as utility workers and claim they need to inspect your gas, water, or electrical systems. Their intent is to get into your home to steal valuables or personal information. Be wary of people claiming to be utility workers with no official identification or uniform, no prior notification from the utility company that they will be coming, or requests to enter your home without a clear reason. When in doubt, do not let anyone into your home and call the utility company directly with a known phone number (not a number the person at the door provides to you) to verify their legitimacy.
- Fake Fundraisers: Scammers may pretend to be collecting donations for a charity, disaster relief, or other cause. They take advantage of your emotions to pressure you into giving them money. Warning signs include vague or unfamiliar charity names, no website or official documentation, and cash-only requests.
- Product and Subscription Scams: Scammers will try to sell you magazines, cleaning supplies, or other products. They will try to collect money up front and never deliver the products. Warning signs include no proof or affiliation with a legitimate company, refusal to provide receipts or return policies, and pressuring you to make a purchase that day because of a limited time sale.
- Fake Emergency Scams: Scammers may tell you they are in distress, asking for money to help them with an emergency such as a broken down vehicle or sick relative.

You should report door to door scams to your local police department and the Attorney General's Office at **607-251-2770**. You can also file a report with the Federal Trade Commission at ReportFraud.ftc.gov. For more information about scams and to alert Office for Aging about a scam call **607-778-2411**.



LGBTQ+ MEETING:

The next LGBTQ+ meeting will be Wednesday, April 16th from 3 – 4PM at the Johnson City Senior Center 30 Brocton Street, Johnson City, NY 13790



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

The Lyceum class listed below will be broadcast from the Broome West, Johnson City and Vestal Senior Centers. If you participate in this Lyceum class virtually at a participating senior center, registration is FREE of charge. Pre-registration is not required.
Wednesday, April 2nd 10 – 12PM
Tradition and Change in Today's Vietnam

Wednesday , April 9th 10 – 12PM
To Alabama and Back
(Vestal Senior Center only)

Wednesday, April 16th 10 – 12PM
The Zen and Now of Photographing the Adirondacks

Wednesday, April 23rd 10 – 12PM

Biking Vacations - Something for Everyone

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

Try a Lyceum Class with a Friend!

Lyceum is extending its Spring session with 12 special classes and events in May and June! This is a great chance to invite a friend to join in and experience what Lyceum has to offer. For just a \$5 registration fee (plus the cost of each class or event), you and a friend can learn something new together. Don't miss out on this fun opportunity!

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

- Leaky Faucets
- Safety Devices
- Railings
- Locks Installed
- Porch & Stair Repair
- Wheelchair Ramps
- ...And More*

Call (607) 772-2850 For Details



Conklin Seniors

Contact Kathy 607-775-0880

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

Kirkwood Senior Trips

Contact Jeanie 607-655-2685

May 5th - Tribute to Neil Diamond at Villa Roma

September 19th - West Point & Pride of the Hudson Cruise

October 15th - Resorts at Monticello for 4X4 Group (Beach Boys, Beatles, Bee Gees, and Motown cover band)

December 2nd - Elvis for Christmas at Penn's Peak

Johnson City Senior Center

Contact: Lucy 607-427-6143

May 5th - Flavors of Philadelphia Walking Food Tour

May 13th - Beach Boys Tribute at Penn's Peak

May 21st - Neil Diamond Tribute at Penn's Peak

June 26th - 9/11 Walking Tour & Little Italy

June 9th - 12th Cape Cod

North Fenton Seniors

Contact: Ruth 607-648-8425

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

Port Crane Seniors

Contact: Donna 607-648-6071

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

Vestal Senior Citizens Club

Contact: Jean 607-754-4479

May 19th - Longwood Gardens (Sign up 4/3 at 12PM))

June 6th - Cortland Repertory for Hello Dolly show (Sign up 5/15 at 12PM)

June 25th - Singer & Boldt Castle (Sign up 5/8 at 12PM)

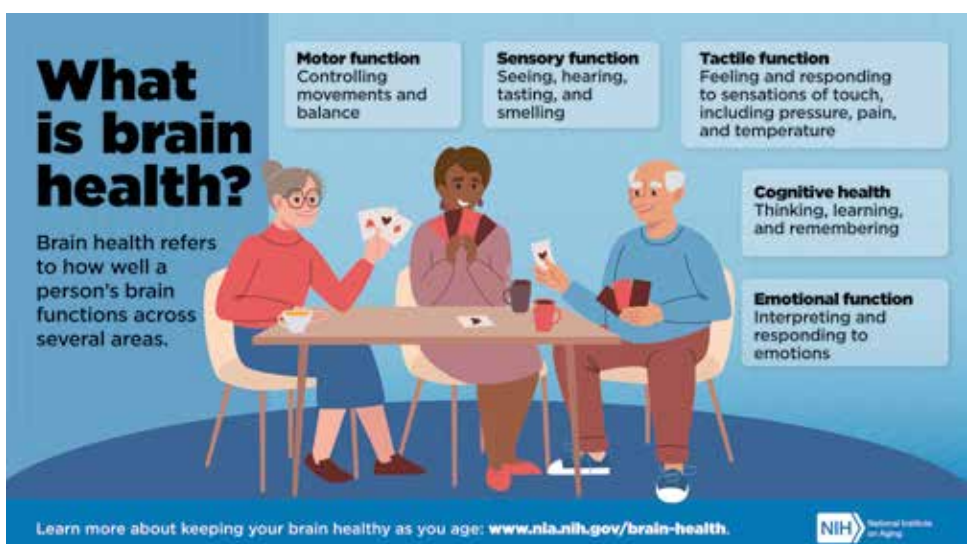
August 13th - Resort World: Comedy Show (Sign up 6/26 at 12PM)

November 12th - Hunterdon Hills: Holiday Show (Sign up 9/25 at 12PM)

Trivia

Marvin Gaye started singing in the late 1950's as a member of what group?

The Moonglows



**Action for Older Persons (AOP)
Medicare Corner**

Medicare Savings Program

The income limits for the 2025 Medicare Savings Program (MSP) are out. The MSP pays the Part B premium (\$185 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 \$72.34 per month and lowers your drug copays up to \$4.90 for a generic and up to \$12.15 for a brand name. The MSP looks only at income, not savings or assets. **The new gross monthly income limits are \$2,446 for single individuals and \$3,299 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 \$8,400 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.

Trivia

What was Harry Houdini's birth name?

Erik Weisz



Make a Difference:

Volunteer with Faith in Action

Faith in Action Volunteers (FIAV) is looking for compassionate individuals to support seniors in Broome County. If you have a little time to give, you can make a big impact by helping older adults stay independent and connected to their community.

Volunteer Opportunities:

1. **Grocery Shopper Program** – Assist homebound seniors by picking up their groceries. Volunteers collect a shopping list and payment, shop at a local store, and deliver the groceries back to the client. Flexible scheduling is available weekly or bi-weekly. Volunteers must have a valid driver's license and a vehicle.
2. **Companionship & Practical Assistance** – Volunteers are matched with seniors to provide friendly visits, encouragement, and assistance with daily tasks, helping them maintain their quality of life.

If you're interested in volunteering, contact Faith in Action Volunteers at **607-724-9130 X318** or visit <http://broomecouncil.net/faith-in-action>

Lend a helping hand and make a meaningful difference in someone's life today!

**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. Whether you are delivering meals, serving in the kitchen or taking reservations. We commend you for your service and commitment to help 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, call **607-778-6205** for more details.

AVRE
Your world without limits

Do you have trouble reading the newspaper, recognizing faces, or traveling independently?

Call us today to learn how we can help!

(607) 724-2428
www.avreus.org



Spring Vegetable Sauté

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.



Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion for 2 minutes, then add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or two of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender -- about 4 minutes more.
5. Serve immediately.

Source: <https://www.myplate.gov/recipes/spring-vegetable-saute>

Macaroni & Cheese with Broccoli

Broccoli gives flavor, texture, and nutrients to this creamy spin-off of the traditional mac and cheese dish. Try this with roasted squash or sweet potatoes in the fall or winter, roasted beets in the spring, or a tomato salad in the summer for a meal with tasty seasonal veggies!



Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons all-purpose flour
- 2 cups 1% milk
- 2 cups low-fat cheddar cheese, shredded
- 1/2 teaspoon black pepper
- 2 cups cooked broccoli, chopped

Directions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste; add a small amount of salt, if needed.

Source: <https://www.myplate.gov/recipes/macaroni-cheese-broccoli>

Skillet-Braised Chicken

You only need a few simple ingredients to create this delicious, tender chicken. This recipe will yield the perfect chicken every time. Pair with your favorite vegetable to make a meal.



Ingredients

- 1 medium chicken breast, about 1-inch thick, skinless
- 1 tablespoon vegetable oil (or cooking oil of choice)
- seasoning, such as salt, pepper, seasoning salt, onion powder or garlic powder (optional)

Directions

1. Season the chicken. In a lightly oiled medium skillet over medium-high heat, sauté the chicken for one minute on each side until lightly browned.
2. Cover the skillet with a tight-fitting lid. Reduce the heat to low. Cook for 10 minutes. Do not lift the lid.
3. Turn off the heat. Let the chicken rest for 10 minutes. Do not remove the lid.
4. The chicken is safely cooked when the internal temperature is at least 165 degrees F. Check in the thickest part with a food thermometer. If not done, cover and return to low heat for 3 to 5 minutes and check for doneness.

Source: <https://www.myplate.gov/recipes/skillet-braised-chicken>

Pasta Frittata with Peas

Perfect for any meal of the day, this easy and flavorful frittata is quick and easy to prepare.



Ingredients

- 4 ounces spaghetti (whole grain, regular or thin)
- 4 eggs (lightly beaten)
- nutmeg (dash, optional)
- 1/8 teaspoon black pepper
- salt (1/8 teaspoon, optional, can omit salt and pass at the table)
- 2/3 cup cheese (shredded)
- 1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)

Directions

1. Preheat oven to 350 °F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese, and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

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



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Foster Grandparent Highlight
Shirley's Story: A Heartwarming Volunteer Journey at
Chenango Forks Elementary



Shirley began volunteering at Chenango Forks Elementary School in 2007. Over the past 18 years, she has worked with children in grades K-2, helping countless students and teachers along the way. As teachers retire, move, or change grades, Shirley has continued her work, always eager to support young learners. She enjoys working with younger children because of their excitement to learn and the extra support they often need, both academically and emotionally.

For the last five years, Shirley has been with her current teacher, Joyce Pixley, and has become a beloved figure at the school. To everyone there, Shirley isn't just a volunteer—she's "Grandma Shirley," and her impact is felt by both staff and students alike.

Making a Difference in the Classroom

Shirley's role goes beyond simply helping with academics. She supports her assigned students as well as any other child who needs help. She assists with reading comprehension, site words, manners, emotional development, and more. Shirley helps children build friendships and develop important social skills, such as conflict resolution and empathy. She's not just a volunteer—she's a role model for the students.

A New Purpose After Loss

Shirley began volunteering after the passing of her husband, looking for a way to stay active and find new purpose. Initially unsure about how the foster grandparent program worked, she reached out for information. After completing the application process, including orientation, background checks, and interviews, Shirley was placed at Chenango Forks Elementary. Volunteering gave her something meaningful to focus on, and soon enough, it became an important part of her life.

A Rewarding Experience

Shirley finds her time at the school incredibly rewarding. She enjoys meeting children with different personalities and seeing them grow. Some students she's worked with in the past even seek her out to visit her when they see her around the school. The children affectionately call her "Grandma" and hold a special place in her heart.

Over the years, Shirley has worked with many students, including those who've lost parents, those with special needs, and others who simply needed a positive role model. She says the children give her more than she could ever give them. They miss her when she's not there, and they often ask for her presence in the classroom.

Shirley takes great pride in seeing her students reach their goals. She also emphasizes the importance of teaching compassion and empathy to the children, encouraging them to build lasting friendships and grow together.

The Impact of Volunteering

One of the most rewarding aspects of Shirley's work is watching children overcome challenges with her help. Many students who may have struggled without the extra support Shirley provides can now succeed, thanks to her encouragement and guidance. She believes that her presence in the classroom is vital to helping teachers meet the individual needs of their students.

The best reward, Shirley says, is when former students find her, even years later, and tell her how much she meant to them. Those moments, when the children remember her and express their gratitude, are the true highlights of her volunteer work.

A Call for More Volunteers

Shirley encourages anyone who loves children and has time to volunteer to consider applying for the foster grandparent program. She believes there's a strong need for more volunteers in classrooms, as teachers are eager to have extra support. For Shirley, volunteering isn't just about giving—it's about being part of a community, staying active, and finding joy in the little moments with the children. As they hold her hand, sit with her at lunch, and share their stories, Shirley knows she has found her purpose—and it's something she'll continue to cherish for years to come.

If you are interested in learning more about the Foster Grandparent Program, please contact the Broome County Office for Aging at **607-778-2089**.

Look What's Happening at the Centers!

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760

Center Hours: Monday - Friday, 9 – 3PM

Gift Shop: Monday – Friday, 9 – 2PM

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

Weekly Activities

Monday: BoneSavers 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

4/2 Armchair Travel Lyceum:

Tradition and Change in Today's Vietnam 10 – 12PM

4/3 Legal Aid 9 – 12PM Call for an appointment.

4/4 Entertainment by Gene Civic 11AM Lunch 12PM

4/7 Nutrition presentation by Kathleen Cook, CCE 11:30AM

4/8 Chop and Chat 1PM Call to reserve your spot.

4/9 GFJ Library Tech Center 11AM

4/10 “Saving Money with Medicare and Preventative Services” presentation by AOP (Action for Older Persons) 11:45AM

4/10 Science is Everywhere! 1PM

4/11 Trivia 1PM

4/14 Entertainment by Ray Cuadra and Gary Ingram of Torn and Frayed 11AM Lunch 12PM

4/16 Armchair Travel Lyceum: The Zen and Now of Photographing the Adirondacks 10 – 12PM

4/17 Fly Tying Class 12:30AM

4/21 Discover Live: Lisbon, Portugal 1:30PM

4/22 No Chair Exercises – Activity Room Closed

4/23 Armchair Travel Lyceum:

Biking Vacations - Something for Everyone 10 – 12PM

4/24 Binghamton University Student Day 10AM

4/24 Closing at 2PM

4/25 West Fest 11AM

4/28 “Senior Safety” presentation by Broome County Emergency Services 11AM

4/29 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 12PM | 607-663-0406

Weekly Activities:

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

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

Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM

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

Hand & Foot Card Game 10AM

Thursdays: ZOOM ONLY: Chair Dance Yoga 9AM

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

In-Person or Zoom; Mahjong 10AM

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

Special Events:

4/2 Clover Chat 1PM

4/4 Falls Annual Wellness Checkup by Binghamton University 10 – 2PM Appointment required, call 607-777-4700.

4/7 & 21 Horse Racing 10:30AM

4/7 “Adding, Not Subtracting for a Healthy Weight” presentation by Bridget and Donna, OFA Nutrition 12:30PM

4/11 Craft with Kathie 10:30AM

4/11 Nutrition presentation by Kathleen Cook, CCE 12PM

4/14 & 28 Chop and Chat 10:30AM Call to reserve your spot.

4/14 & 28 Crochet with Kathy 10:30AM

4/14 Managing Triggers Support Group presented by MHA (Mental Health Association of the Southern Tier) 12:30 – 1:30PM

4/16 Bake Sale 10 – 2PM

4/16 Nails by Kathy 1PM

4/18 & 30 Bingo with Sallie 10:30AM

4/18 “Saving Money with Medicare and Preventative Services” presentation by AOP (Action for Older Persons) 11:30AM

4/25 April Shower Bash 10 – 2PM Lunch 12PM

Deposit Senior Center

14 Monument Street, Deposit, NY 13754

Located in Christ Episcopal Church

Center Hours: Tuesday & Thursday, 10 – 2PM

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

Weekly Activities

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

Thursday: Wii Games 10:30AM – 12:30PM

Special Activities

4/15 Easter Bingo with Deposit School students 1PM

4/17 Cutting Board Conversations with Barb and Bridget from Broome County Office for Aging's Nutrition Department 10:30AM

4/17 Eric Benekee from Delaware County Office for Aging 11AM

4/22 Therapeutic Arts Project presented by MHA (Mental Health Association of the Southern Tier) 11 – 12PM

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

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

Lunch served at 12PM

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

Weekly Activities

Monday: Shuffleboard 9AM; Canasta 10:30AM

Tuesday: Breakfast to Order 8 - 9:30AM; Music JAM 10AM, Mobile DMV 9 - 1PM (Closed 11:30 - 12PM)

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

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

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

Special Activities

4/3, 10, 17 & 24 Greater Good Grocery Bus 11 – 12PM

4/4 Burger Bar – Burger w/toppings, sides and more! 11:30 - 12:30PM

4/7 Happy Birthday Celebrations! 10:30AM

4/8 Chop & Chat 12:30PM Call to reserve your spot.

4/9 Officers and Finance Mtg 9:15AM;

Senior Center Site Council Mtg 10:45AM

4/9 Medicare Savings Program Guidelines & Updates, by Cookie from Action for Older Persons 12:30PM

4/10 Evening Meal w/Musical Entertainment by Kevin Oriole 4PM

4/15 Binghamton University Nursing Students 8AM

4/17 Binghamton University Nursing Students 9AM

4/17 Golden Griddle – Made to order grilled or cold sandwiches, sides and dessert 11:30 - 12:30PM

4/18 Fun Friday! Enjoy the Annual Bonnet Parade, Indoor Egg Hunt, Prizes, Raffles & More! 9 - 12:30PM

4/23 Grief and Loss Support Group presented by MHA (Mental Health Association of the Southern Tier) 10 – 11AM

4/24 “Adding, Not Subtracting for a Healthy Weight” presentation by Bridget and Donna, OFA Nutrition 12:15PM

4/25 Fun Friday! Activities, Snacks & More! 10:30AM

4/30 Legal Aid Society, call for an appointment 9 – 12PM

First Ward Senior Center

226 Clinton Street, Binghamton, NY 13905

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

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

Meal reservations: 607-729-6214

Weekly Activities

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

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

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

Thursday: Stitch and Stuff 9AM; Cornhole 1PM

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

Special Activities

- 4/1 & 15th-15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3
Advanced registration and payment required.
- 4/3 Executive Board Meeting 9:30AM
- 4/4 Binghamton University Aging Brain Series: "Memory's Role Beyond Remembering" 12PM
- 4/8 "Keep it Fresh! Grow Your Own Herbs and Container Gardens" presentation by Kathleen Cook, CCE 12PM
- 4/8 Craft Class: Springtime Gnome 12:45PM Call to reserve your spot.
- 4/8 Neighborhood Watch Meeting 6PM
- 4/11 Falls Annual Wellness Checkup by Binghamton University 10:45 – 2:45PM Appointment required, call 607-777-4700.
- 4/14 Legal Aid 9AM Appointment required, please call.
- 4/14 Breakfast for Lunch: Western Omelets 10:45 - 12:15PM (No take-out available.)
- 4/15 Intergenerational Game Day 10:30AM
- 4/15 Springtime Trivia 12PM
- 4/15 Chop & Chat: Crustless Veggie Quiche 1PM
Reservations required by 4/8.
- 4/16 Volunteer Recognition Luncheon 12PM
- 4/18 Center Closed
- 4/22 Medicare Updates presentation by Action for Older Persons 12PM
- 4/25 Film Friday: "Mrs. Doubtfire" 1PM (Free popcorn, soda for sale)
- 4/29 Chop & Chat: Spring Veggie Rice Salad 1PM
Reservations required by 4/22.

Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790

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

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

Weekly Activities

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

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

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

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

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

Special Activities

- 4/2 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 4/2 Armchair Travel Lyceum:
Tradition and Change in Today's Vietnam 10 – 12PM
- 4/4, 11, 18 & 25 Poetry Group 12:30PM Call to pre-register.
- 4/5 & 6 NYST Geology Club's Mineral & Fossil Show –
Saturday 9 – 5PM; Sunday 10 – 4PM Admission \$4 for age 12+
- 4/7, 14, 21 & 28 Greater Good Grocery Bus 10 – 11AM
- 4/7 Caregiver Chat Support Group facilitated by BC OFA 1 – 2:30PM
- 4/8 Intergenerational Game Day 10:30 – 11:30AM
- 4/8 Chop & Chat: Crustless Veggie Quiche 11 – 12PM
Call to reserve your spot by 4/1.
- 4/9 & 15 Binghamton University Nursing Students 9 – 1PM
- 4/12 & 13 Southern Tier Orchid Society's Orchid Show –
Saturday 11 – 6PM; Sunday 10 – 4:30PM Admission \$5 for age 12+
- 4/15 & 17 AARP Driver Safety 1 – 4PM Call to reserve your spot.
- 4/16 Armchair Travel Lyceum:
The Zen and Now of Photographing the Adirondacks 10 – 12PM
- 4/16 LGBTQ+ Senior Social Group (NYS Senator Leah Webb visits) 3 – 4PM

4/16 Alzheimer's Association – Caregiver Support Group 4 – 5PM
Registration and pre-screening required; call ALZ at 315-472-4201 x227.

4/17 Legal Aid 9 – 12PM Call for an appointment.

4/18 "Food & Your Health" presentation by Kathleen Cook, CCE 10:30 – 11:30AM

4/22 Chop & Chat: Spring Veggie Rice Salad 11 – 12PM
Call to reserve your spot by 4/15.

4/22 Discover Live: Florence, Italy 1:30 – 2:30PM

4/23 Haircuts by Debbie Roberts \$20 Call for an appointment 10 – 11:30AM

4/23 Armchair Travel Lyceum:

Biking Vacations - Something for Everyone 10 – 12PM

4/23 "Saving Money with Medicare & Preventative Services" by
Action for Older Persons 11:30AM

4/23 Book Club (come with new book ideas!) 3– 4PM

4/25 "Medication Safety" presentation by
Binghamton University Pharmacy Students 10:30 – 11:30AM

4/29 Supporting Independence: The Empowered Caregiver
(by the Alzheimer's Association) 1 – 2PM

4/30 Grief and Loss Support Group presented by MHA
(Mental Health Association of the Southern Tier) 10:30 – 11:30AM

5/8 Hearing Screenings by Tri-City Hearing 9 – 12PM
Call to schedule a 15-minute screening.

Northern Broome Senior Center

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Monday - Friday, 9 – 3PM

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

Lunch served at 12PM | 607-692-3405

Weekly Activities

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

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

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

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

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

Special Activities:

Attention Northern Broome Seniors*

Office for Aging invites you to come talk about the future of the center. We would like to have an open discussion on programming and menu items. Members of the OFA administration will be at the center on April 25th, from noon to one.

4/1 & 2 Golden Agers 12PM

4/7 Grief and Loss Support Group presented by MHA
(Mental Health Association of the Southern Tier) 1 – 2PM

4/9 & 11 Binghamton University Nursing Students 9AM

4/10 Breakfast 10AM

4/14 "Saving Money with Medicare and Preventative Services"
presentation by AOP (Action for Older Persons) 12PM

4/18 Edible Easter Craft 12:15PM

4/22 Falls Annual Wellness Checkup by Binghamton University
10 – 2PM Appointment required, call 607-777-4700.

4/25 Burger Bar & Birthday Celebrations 11:30AM

4/25 Office for Aging Visit 12 – 1PM

Vestal Senior Center

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

Located in Old Vestal High School Cafeteria

Center Hours: Monday - Friday, 9 – 2PM

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

Weekly Activities

Monday: Mahjong 12PM

Tuesday: Pinochle (new players welcome) 9AM

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

Thursday: Bingo 10AM; Ice Cream 12PM

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

Special Activities

4/2 Armchair Travel Lyceum:

Tradition and Change in Today's Vietnam 10 – 12PM

Vestal Senior Center *Continued from Page 11*

- 4/2 Budgeting Support Group presented by MHAAS (Mental Health Association of the Southern Tier) 10 – 11AM
- 4/3 Vestal Senior Club Trip Sign Up for Longwood Gardens 12PM
- 4/4 Medication Safety presentation by Binghamton University Pharmacy 10 – 11AM
- 4/7 Chop and Chat: Crustless Quiche 10AM Call to reserve your spot.
- 4/7 King High Card Game 12PM
- 4/9 Discover Live: Bordeaux, France 10:30AM
- 4/9 & 23 Vestal Library Technology Assistance 10:30AM
- 4/10 Philly Cheese Steak Day 11AM Take out starts at 11:30AM
- 4/14 Intergenerational Games with OFA Interns 10AM
- 4/14 Breakfast for Lunch – Blueberry Pancakes, Scrabbled Eggs, Sausage, and Potatoes 11AM No take out.
- 4/16 Armchair Travel Lyceum:
The Zen and Now of Photographing the Adirondacks 10 – 12PM
- 4/16 Saving Money with Medicare and Preventive Services by Action for Older Persons 10:30AM
- 4/18 Falls Annual Wellness Checkup by Binghamton University 10 – 2PM Appointment required, call 607-777-4700.
- 4/21 Chop and Chat: Veggie Rice Salad 10AM Call to reserve your spot.
- 4/22 Vestal Senior Club Meeting Day 12PM
- 4/23 Armchair Travel Lyceum:
Biking Vacations - Something for Everyone 10 – 12PM
- 4/23 Nutrition presentation by Kathleen Cook, CCE 10:30AM
- 4/23 Loaded Hot Dog Bar 11AM
- 4/24 Discover Live: Bunratty and Co Claire, Ireland 11AM
- 4/25 Pizza or Chef Salads Day 11AM
- 4/25 Bunko Dice Game 11:45AM
- 4/28 & 29 AARP Drivers Safety Class 2 – 5:30PM
Reservations necessary.

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

Basic Computer Classes through the Broome County Library

Every Wednesday 10 – 12PM

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

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

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

Broome County Public Library
185 Court Street
Binghamton, NY

**George F. Johnson Tech Center comes to the
Broome West Senior Center**

Wednesday, April 9th 11AM
Offering one on one tech assistance!

Vestal Library comes to the Vestal Senior Center

Wednesday, April 9th 10:30AM
& Wednesday, April 23rd 10:30AM
Technology Assistance

One-on-One Technology Assistance

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

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

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

Answers on Page 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	



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

- April 4: Chenango Bridge
- April 11: First Ward, Binghamton (10:45 – 2:45PM)
- April 18: Vestal
- April 22: Northern Broome, Whitney Point
- May 9: Eastern Broome, Harpursville
- May 15: Deposit

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

Are you interested in learning more about your balance performance? Binghamton University's Division of Physical Therapy seeks new and returning participants for a 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.

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.

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“Try to be a rainbow in someone’s cloud.”
— *Maya Angelou*



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Crisis Line

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Spring Season of the Nature Walking Club!

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

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

April 10th 10AM - Middendorf Park in Vestal. South on Rt 26 to R turn on West Sheedy Drive (just past Mirabito gas station), R at sign just over bridge. Meet at parking area. Limited parking, carpooling recommended.

April 24th 10AM - Choconut Creek in Vestal. South on Main Street in Vestal to Weis. Meet at creek side of parking lot.

May 4th 1PM - SUNDAY SPECIAL EVENT! Pettus Hill in Windsor.

Celebrate Chuck Pettus who willed his property to be “forever wild”. Property managed by Waterman Conservation and Education Center. Meet at the entrance on Abbey Road. Carpooling is strongly encouraged, as the parking lot is small.

May 8th 10AM - Apalachin Marsh. Take route 434 to about 1/2 mile past Hilton Road. Meet at pull-off parking on the right.

May 22nd 10AM - IBM Glen on Robinson Hill Road in Endicott. North from Harry L Drive in Johnson City to L on Robinson Hill, about 2 miles to entrance on L side of road. Meet in parking lot at entrance.

June 12th 10AM – Chenango Valley State Park Tween Lakes. I 88 east to Port Crane exit, L on Rt 369 to L at park entrance. Meet at Tween Lakes parking lot.

June 26th 10AM - Brick Pond in Owego. Take I 86 west to exit 65 in Owego, take 17C west to R at first light onto East Front Street over tracks. Meet at parking lot on R.

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



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Mental Health Corner

The Hidden Dangers of Isolation



As we grow older, maintaining social connections becomes more important than ever. Yet, many seniors find themselves spending more time alone, whether due to the loss of loved ones, mobility issues, or other life changes. While occasional solitude can be restful, prolonged isolation can take a serious toll on mental health—leading to depression, anxiety, and even increasing the risk of cognitive decline, including dementia.


Studies have shown that chronic loneliness and social isolation can contribute to memory loss and confusion. When the brain lacks regular stimulation from conversations and social interactions, cognitive abilities may decline at a faster rate. This is because engaging with others helps keep the mind active, sharp, and resilient.

Beyond the mental effects, isolation can also impact physical health, leading to high blood pressure, weakened immune function, and an increased risk of heart disease. It's clear that staying socially connected is not just a luxury—it's a necessity for both mental and physical well-being.

So, what can you do to combat isolation? Start by reaching out to friends and family, even if it's just a phone call or video chat. Participate in community activities, join a club, or attend local senior center events. Volunteering can also provide a sense of purpose while fostering new connections. Even small daily interactions—like chatting with a neighbor or joining a hobby group—can make a big difference.

If you or someone you know is feeling isolated, act today. A simple conversation can be the first step toward a healthier, happier mind. Remember, staying connected isn't just about companionship—it's a vital part of maintaining your overall health.

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- Julie S., Binghamton

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Intergenerational Game Time!

Join OFA interns to play board games like Scrabble, Uno, and the game of Life

Johnson City Senior Center - Tuesday, April 8th 10:30AM

Vestal Senior Center - Monday, April 14th 10AM

First Ward Senior Center - Tuesday, April 15th 10:30AM

Come meet new friends and have fun playing board games!

**"Spring will come and so will happiness.
Hold on. Life will get warmer."**

- Anita Krizzan

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Grow Your Own in Large Spaces or Small

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



Springtime is a great time to begin growing some plants that you can harvest for food. You can start vegetable seedlings inside, or purchase living herb plants, place them on your windowsill or in a sunny spot in your home, and let them continue growing into larger plants.

If you have some land to grow a small garden outdoors this summer, begin growing inside, then plant in the ground after the danger of frost, usually around Memorial Day in May.

Even if you have a just a small landing or porch where you live, container gardens can provide delicious fresh produce that you grow yourself and be a fun relaxing hobby tending to the plants.

Some vegetables that do well in containers include tomatoes, peppers, radishes, and cucumbers. These need full sun, but the containers can be moved, if needed, to give them sunlight in the morning and the afternoon if you have that flexibility. Leafy vegetables like lettuce and spinach prefer more shade.

It can be fun to watch cherry tomatoes ripen and to pick and enjoy fresh and tender lettuce leaves for your own salads!

Additionally, herbs are a great choice for a sunny kitchen windowsill. Fresh oregano, parsley, thyme, basil and chives are easy to maintain in little pots. They add fragrance and color to both your environment and your cuisine! Most herbs can be snipped at the top to add to a salad, soup or stew and they plant will continue to grow new leaves. Just remember to water them and give them some attention a few days a week.

If you receive SNAP benefits to help with your food costs, you can use them to purchase plants and seeds to grow your own herbs and other produce. Just buy them at a SNAP participating store rather than a garden supply store.

Eat more greens by growing your own fresh herbs and vegetables this Spring. They'll be healthy for you, less costly, and taste delicious!

Sudoku 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

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

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

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

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

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

	Marinated Chicken 4/1 OR Italian Sausage Baked Potato Peas & Carrots Peach Crisp	Chicken Salad Croissant 2 Tomato Florentine Soup Cottage Cheese Pineapple	Manicotti 3 Sausage Florentine Soup Garden Salad Sugar Cookie	Pepper Steak 4 OR Broiled Fish w/Lemon Roasted Potatoes French Cut Green Beans Blueberry Cake
Turkey & Provolone 7 On Marble Rye Vegetable Soup Fruit Cup Chocolate Chip Cookie	Pub Burger 8 OR Tuna Salad Baked Beans Corn Ice Cream Cup	Halupki 9 OR Salisbury Steak Mashed Potatoes Country Blend Vegetables Pineapple	Chicken w/Cranberry 10 Roasted Potatoes French Cut Green Beans Tapioca Pudding w/ Mandarin Oranges	Roast Pork w/Apple Gl. 11 OR Broiled Fish w/Lemon Baked Potato Vegetable Blend Peaches
Ziti Sausage Bake 14 Minestrone Soup Italian Green Beans Peaches	Beef Burgundy 15 OR Chicken Marsala Buttered Noodles Broccoli Florets Brownie	Breaded Chicken Cutlet 16 Sandwich Red Potato Salad Diced Beets Fruit Cup	Liver w/Onions 17 OR Grandma's Meatloaf Mashed Potatoes Carrots Chocolate Pudding	Kielbasa 18 OR Beer Battered Fish Pierogies w/Onions Peas Sugar Cookie
Ham & Swiss on Rye 21 Navy Bean Soup Applesauce Low Fat Muffin	Rotisserie Chicken 22 Baked Potato California Blend Vegetable Mandarin Oranges	Teriyaki Chicken 23 OR Shrimp Scampi Brown Rice Pilaf Asian Blend Vegetables Pineapple Cake	Pulled Pork 24 OR Citrus Broiled Fish Macaroni & Cheese Coleslaw Chocolate Chip Cookie	Beef Stroganoff 25 OR Fish Florentine Buttered Noodles Carrots Peach Cobbler
Meatball Parm Sub 28 Stuffed Pepper Soup Applesauce Ice Cream Cup	Halupki 29 OR Grandma's Meatloaf Mashed Potatoes Peas & Carrots Peaches	Ham 30 OR Citrus Broiled Fish Pierogies w/Onions Broccoli Florets Applesauce	<i>Have Lunch at a Senior Center - Eating together gives our mood a significant lift. The combination of good food and pleasant company creates a perfect recipe for happiness!</i>	

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



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