



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



## A Fresh Start

Let 2026 be the year we embrace gentle, consistent growth, focusing on small, positive acts of self-care rather than overwhelming resolutions. Remember that your health journey isn't a race, every small step you take to nurture your mind and body is a victory worth celebrating. Give yourself grace, trust in your ability to grow, and embrace this new beginning with confidence.

**Happy New Year!** As we kick off 2026, the Broome County Office for Aging (OFA) is launching a crucial initiative, and we need your help to ensure the long-term health of every service you rely on—from hot meals to Minibus transportation.

Currently, our data shows that only 50% of the incredible people who attend our local senior centers have completed a form to obtain an OFA ID card (the yellow form). This 50% gap is critical because the form is used to offer special programming such as Farmer Market Coupons, help individualize service recommendations and to provide aggregate data to Office for Aging funders to obtain funding for services.

### Why Your Yellow Card Matters to Everyone

When we advocate for funds needed to keep the aging network running, we must be able to prove how many people we serve and the demographics of who we serve. The information on how many people we serve and the demographics of who we serve, help the Office for Aging to fulfill our mission such as:

- supporting older adults to remain safe and independent in their homes.
- Maintaining the current level of meals and activities at your senior centers.
- securing vital resources like the annual Farmers Market Coupons.
- Keeping the OFA Minibus transportation service running smoothly.

### The Card Itself is Your All-Access Pass

Once completed, the OFA ID Card makes using our services simple and easy:

- Access: Meals and activities at all local senior centers.
- Essential: Farmers Market Coupons distribution.
- Travel: OFA Minibus transportation service registration.

If you have not yet filled out the OFA ID Form, please make it your New Year's Resolution to do so immediately! It only takes a few minutes.

### Your Information is Confidential

We understand that sharing personal information is sensitive. We want to assure you that all information you provide is strictly confidential and is only used in aggregate to meet federal reporting requirements and advocate for funding. It is never shared without your expressed consent.

Please see a staff member at your senior center on your very next visit and complete the yellow OFA ID Form! Let's get to 100% participation and secure our funding for the future.

### Like Us! Follow Us!

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

 Like our Facebook page:  
[www.facebook.com/BroomeCountyOfficeForAging/](http://www.facebook.com/BroomeCountyOfficeForAging/)



## Motivation with MaryJane

### The New Year's Self-Care Challenge: Focusing on You!

The New Year is the perfect time to hit the reset button and refocus on you. After the hustle and bustle of the holiday season, it's time to turn your attention to self-care, health, and well-being. As the weather stays chilly and the days are still short, now is the ideal moment to get back into a routine that nurtures both your body and mind.

#### Introducing the New Year's Self-Care Challenge!

This year, we're taking things up a notch. Let's commit to dedicating time to ourselves and our health. Your challenge is to **move or take time for self-care for 20–30 minutes, 5 days a week** throughout January.

You can choose any activity that feels good for you — whether that's:

- A brisk walk around your home or outside
- Gentle stretching or yoga to improve flexibility
- A seated workout or chair yoga session to stay active
- Light strength training to build muscle and stamina
- Or even a fun dance break to get your heart pumping!

If movement doesn't feel right some days, use the time for self-care: read, meditate, do deep breathing exercises, or simply enjoy a few quiet moments. The goal is to recharge, refresh, and start 2026 feeling strong, confident, and energized.

Remember, consistency is key but listen to your body. You don't have to be perfect — just make the time to care for yourself every day.

#### Tracking Your Progress:

You can track your progress by marking off each day on a calendar or journaling about how you feel after each session. If you'd like a little extra motivation, invite a friend or family member to join the challenge! Accountability is a great way to stay on track.

#### Stay Strong, Stay Active, and Stay Kind to Yourself:

The New Year is a fresh start — and there's no better way to begin than by making yourself a priority. You deserve to feel good, both inside and out. Take time each day to care for yourself, stay moving, and embrace the energy and joy that comes from making your health a priority.

Take care and keep moving!

### Walk with Ease is Back!

**Meeting at the Oakdale Commons in Johnson City**  
**Starting Monday, January 26th**  
**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 East. Broome Sr. Center (Harpursville)

Monday 9:30AM Johnson City Senior Center (\$3 charge)

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

### Bonesaver Class

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

Mon, Wed & Fri 10:00AM First Ward Senior Center (Binghamton)

Mon & Wed 1:00PM Johnson City Senior Center

Tues & Thurs 10:00AM Northern Broome Senior Center (Whitney Point)

Wednesday 10:00AM Broome West Senior Center (Endwell)

### Line Dancing

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

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

### Zumba

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

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

Tuesday 10:30AM Johnson City Senior Center (\$3)

### Low-Impact Aerobics

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

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

### Tai Chi

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

Thursday 1:00PM Johnson City Senior Center (\$3 charge)

Weds & Fri 9:00AM Chenango Bridge Senior Center (In Person or Zoom)

Friday 9:30AM East Broome Sr. Center (Harpursville)

### Chair Exercise

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

Tues & Thurs 10:30AM Broome West Senior Center (Endwell)

Tues & Fri 12:30PM Johnson City Senior Center

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



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

### ZOOM – Chair Yoga

Mondays 9:00AM

### ZOOM – Chair Drumming Exercises

Mondays 2:00PM

### ZOOM – Chair Dance and Yoga

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

Thursdays 9:00AM, Fridays 11:00AM

### ZOOM – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM

# Caregiver Corner

*Ideas and information for people caring for others.*

## The Broome West Caregiver Chat:

**Date:** Wednesday, January 14th **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, January 3rd 11 – 2PM • First Saturday of the Month**

St. Anthony's Church Hall • 300 Odell Ave, Endicott

**Saturday, January 10th 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, January 17th 11 – 2PM • Third Saturday of the Month**

St. Mary's Church of Kirkwood: 975 NY Rt 11, Kirkwood • **RSVP 607-775-0086**

**Saturday, January 24th 11 – 2PM • Fourth Saturday of the Month**

St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • **607-778-2946**

## **WEDNESDAY RESPITE**

**Wednesday, January 14th 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**.

## Powerful Tools FOR Caregivers

An evidence-based program to support caregiver wellbeing. Classes to help you enhance your self-care while supporting a loved one, whether at home or afar. This course is designed specifically for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself. The classes give caregivers tools to help:

- Reduce stress
- Improve self confidence
- Manage time, set goals, solve problems, communicate your feelings
- Make tough decisions
- Locate helpful resources

Participants will receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues. The New York State Caregiving & Respite Coalition provides this class at no charge to New York State residents.

**Date(s): Every Wednesday, Jan. 14 - Feb. 18, 2026 Time: 1 - 2:30PM**

**Location: Virtual Contact: Rebecca at 585-645-4572**

**Register: NYSCRC.ORG/EVENTS**

- Please register by January 2

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.



**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



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!



## **Respite Options for Caregivers**

### **Relax, Recharge, Revive**

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

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

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

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

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

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

## Events at the Centers

### Broome West Senior Center

Monday, January 12th

Indoor Sports Celebration with Friday at Fred's 11AM

Breakfast for Lunch 12PM

Thanks to the Broome County Office for Aging, we're celebrating a grand re-opening of the remodeled pool room. We will honor Dan and Conrad for their roles in these activities at Broome West.

Call 607-785-1777 to reserve your meal.

### Chenango Bridge Senior Center

Monday, January 12th

Special Craft Day

12:30PM

It's a surprise!

### Deposit

Thursday, January 15th

Eric Beneke from the Delaware County Office for Aging Q&A

11:30AM

### Eastern Broome

Thursday, January 15th

Golden Griddle - Breakfast for Lunch

11:30 – 12:30PM

Eggs, Sausage or Bacon, Hashbrowns, French Toast, Juice, Coffee, Fruit, Blueberry Pancakes, and More!

### First Ward

Tuesday, January 13th

Jim Baldwin the Snowflake Man

12PM

### Johnson City

2025-2026 Quilt Raffle

Stop by to see the "Lovely Leaves" quilt that the JCSC Quilters made, it's hanging in our lobby. Raffle tickets are \$3 or two for \$5. Drawing Friday, 5/8 at our Mother's Day luncheon.

### Northern Broome

Friday, January 30th

Pub Burgers for Lunch!

11:30AM

### Vestal

Wednesday, January 11th

Loaded Burger Bar

11AM

Burgers with all the fixings, salad and ice cream for dessert! Call 607-754-9596 to reserve your meal.

## Ask the Office:

*"I recently received a tablet as a gift, but I have no idea how to use it. I find new gadgets overwhelming and stressful to use. Are there any local resources that can help me?"*

### Answer:

It's perfectly natural to feel a bit lost when technology moves so quickly. The good news is, there are plenty of resources in our community designed to help you feel more confident and capable with your new device.

The Broome County Public Library offers a range of options to help you master everything from basic functions to hidden features and useful online tips. They run beginner-friendly classes focused on electronics and internet navigation, which are perfect for anyone feeling a little behind the curve. The Broome County Public Library also offers personal tech assistance by appointment. You can reach them at **607-778-6451** or email [bcplreference@gmail.com](mailto:bcplreference@gmail.com) to schedule a session.

For hands-on learning at the senior centers, check out the in-person technology classes offered by the George F Johnson Tech Center at the Broome West Senior Center and the Vestal Senior Center by the Vestal Public Library. These sessions can help you tackle your tech challenges with expert guidance. Check the Look What's Happening section on pages 10 and 11 for a schedule at each Senior Center.

For a complete list of Tech Resources please visit OFA's website: <https://broomecountyny.gov/senior/publications>

Don't let technology overwhelm you—help is available, and it's never too late to learn.

### Have more questions? Ask the Office!

Send your inquiries to:

Broome County Office for Aging  
PO Box 1766, Binghamton, NY 13902  
or email us at: [oaf@broomecountyny.gov](mailto:oaf@broomecountyny.gov)

We look forward to hearing from you.



## Downsize & Declutter Discussion with Joan

### Time Will Tell Box

Place anything you're unsure about inside a box, tuck it away. Unused holiday dishes, dusty framed photos, knick-knacks too small to enjoy. Enjoy the emotional calm. In 6 months, do you miss the items in the box? Hmm. Now what?

Discuss more on Tuesday, January 13th 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)**

## Trivia

How much confetti is dropped in Times Square on New Year's Eve?

Answer: About one ton

**"You don't have to see the whole staircase, just take the first step."**

– Martin Luther King Jr.



## Mark Your Calendar! Upcoming Community Events

### Book Sales

George F. Johnson Library  
1001 Park Street, Endicott  
Friday, January 9th 10 – 4PM  
Saturday, January 17th 10 – 2PM  
Friday, January 23rd 10 – 4PM

### Broome County Public Library

185 Court Street, Binghamton  
Friday, January 9th 10 – 2PM  
Saturday, January 10th 10 – 1PM

### First Friday

Downtown Binghamton  
Friday, January 2nd 6 – 9PM

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

### Broome County Regional Farmers Market

840 Front Street, Binghamton  
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!

### Bits & Bobbins

Vestal Museum  
328 Vestal Pkwy E, Vestal  
Wednesdays, 9 – 1PM  
Thursdays, 5 – 9PM  
Saturdays, 9 – 3PM  
Sundays, 12 – 4PM

Walk through a display of antique toys and quilts. Look for the antique Thomas the Train Engine and Farmhouse Dollhouse.

### Clarinetist Paul Cho and Pianist Adrienne Kim

Phelps Mansion Museum  
191 Court Street, Binghamton  
Sunday, January 11th 3PM  
General Admission tickets \$32

Virtuoso Paul Wonjin Cho has been called a "stylish clarinetist" by the New York Times. Come hear him in an intimate recital! <https://phelpsmansion.org/events/>

**"Tomorrow is the first blank page of a 365-page book. Write a good one."**

— Brad Paisley



## Scam of the Month

### Random Text Message Scam

The Federal Trade Commission is reporting an increase in people getting text messages that look like they are coming from well known businesses such as USPS, Home Depot, Amazon and others. The text messages can be different each time, but the senders always want one of two things: money or your personal information. These texts will claim that a package was not delivered, that you are being charged for something, or that you need to fill out a survey. They often include a link to a website. Remember, do not click on the link. If you are concerned about a delivery or an item you purchased, you can always contact the business directly to speak with a customer service representative. So, do not trust random text messages from companies.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at **607-778-2411**.

## Medicare News from Action for Older Persons

Medicare Open Enrollment is over, but odds are you can still make a change to your plan. Here are a few of the ways beneficiaries can change their plans outside of Open Enrollment.

The Medicare Advantage Open Enrollment period runs from January 1st-March 31st. During this period, any person who is enrolled in a Medicare Advantage Plan (MAP) may change to a different MAP or may switch to Original Medicare and enroll in a Medicare Supplement plan with a prescription drug plan.

If you qualify for NYS EPIC, are new to Medicaid or a Medicare Savings Program, or if you live in a nursing home or have permanently moved, you can change your drug plan or MAP outside of Open Enrollment. Did you notice an increase in your monthly premium for your Medicare supplement plan? In NYS, you can change your supplement at any time. We can compare prices with you to find the lowest cost plan to meet your needs.

Did you miss enrolling in Part B when you were first eligible for Medicare? The Part B General Enrollment Period runs from January 1st-March 31st. Call Social Security to enroll in Part B and it will be effective on the first day of the next month.

These are some of the situations that allow beneficiaries to change plans outside of Open Enrollment. Contact Action for Older Persons (AOP), your only local source of unbiased, no-cost information, at **607-722-1251** if you need Medicare assistance.

## Walk With Confidence

This recurring feature is your monthly guide to falls prevention, designed to help you maintain independence. Each month, we will share simple, actionable tips focusing on home safety and personal confidence.

### Light Your Way!

Most falls occur at night when going to the bathroom or kitchen due to poor visibility.

### What To Do:

- Place a bright lamp right next to your bed where you can easily reach the switch.
- Install motion-sensor nightlights along the entire path from your bedroom to the bathroom. These automatically light your way, so you don't have to fumble for switches.
- Ensure stairwells are well lit with light switches at both the top and the bottom.

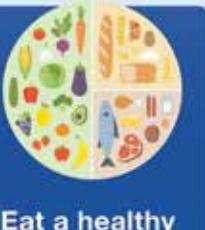
Please speak with your medical provider if you have had any falls or feel you may be at risk of falling.

Sourced from: <https://www.cdc.gov/still-going-strong/older-adults/index.html>

## Staying Healthy During and After Menopause

These tips may help you lower your risk for health problems such as heart disease and osteoporosis.



**Eat a healthy diet.** 

**Get enough calcium and vitamin D.** 

**Be physically active.** 

**Maintain a healthy weight.** 

**Limit or avoid alcohol and don't smoke.** 

To learn more about menopause, visit [www.nia.nih.gov/menopause](http://www.nia.nih.gov/menopause).

**NIH** National Institute on Aging



# BLOOMING HEALTH

Stay Connected in 2026 with Blooming Health

Imagine having the most important resources and opportunities from the Broome County Office for Aging delivered straight to you - no searching required. OFA has partnered with the agetech company Blooming Health to bring you timely, personalized updates via phone, email, or text.

This year don't miss out! Sign up to receive essential news right on your device about:

- Senior Centers: Be the first to know about special luncheons, new classes, and activities.
- Meals on Wheels: Stay informed about important schedule changes or services.
- Yesteryears Group Respite: Stay informed about important schedule changes or services.
- Other key OFA updates

Your fresh start to stay involved and informed is just a phone call away!

To sign up for your personalized updates, please call the OFA at **607-778-2411**.

Broome County  
Office for Aging 



## Nature Walking Club

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

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

- January 8th 10 AM - Spring Forest Cemetery in Binghamton
  - Meet at entrance on Mygatt St (between Clinton St and Prospect St).
- January 22nd 10 AM - Harriet Tubman Freedom Trail in Binghamton
  - Meet in front of Phelps Mansion (at corner of Court St and Fayette St).
- February 12th 10 AM - Waterman Conservation and Education Center
  - Hilton Road in Apalachin. Meet in parking lot at Center.
- February 26th 10 AM - Middendorf Park in Vestal
  - West Sheedy Road (June St). Meet in parking lot.
- March 12th 10 AM - Pettus Hill in West Windsor
  - Abbey Road. Meet in parking lot.
- March 26th 10 AM - Brick Pond in Owego
  - From Rt 17C in Owego, make a sharp right turn on 5th Avenue, over the railroad tracks to a parking area on the right where we will meet.

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



## LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Social Group gathering will be Wednesday, January 21st from 3 – 4PM at the Johnson City Senior Center, 30 Brocton Street, Johnson City

## 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 12.

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

**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 January, we will be walking through Lisbon, Berlin, DC, Martinique, Split and London. These are free classes, and no reservations are required.



**January 14th 10:30AM**

Virtual walking tour through Lisbon, Portugal (streamed to the Johnson City, Vestal and Northern Broome Senior Center)



**January 15th 10AM**

Virtual walking tour through Berlin, Germany (streamed to the Broome West Senior Center)



**January 19th 1:30PM**

Virtual walking tour through Washington DC, National Cathedral (streamed to the Broome West Senior Center)



**January 21st 11AM**

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



**January 22nd 11AM**

Virtual walking tour through Split, Croatia (streamed to the Broome West, Johnson City, Vestal and Deposit Senior Center)



**January 27th 1:30PM**

Virtual walking tour through London, England (streamed to the Broome West and Johnson City Senior Center)

**Make Eye Health a New Year's Resolution**



Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But did you realize that feeling your best includes seeing your best too? January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But you can save your vision with early detection and treatment.
2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!
3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.
4. Some people are at higher risk than others. African Americans over 40, adults over 60 especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.
5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same. To learn more about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)



Sourced from:

**Medicare Preventive Services: Glaucoma Screenings**

Medicare Part B covers glaucoma screenings once every 12 months if you are at high risk of developing glaucoma because at least one of these conditions applies:

- You have diabetes
- You have a family history of glaucoma
- You're African American and 50 or older
- You're Hispanic and 65 or older

An eye doctor who's legally allowed to do glaucoma tests in your state must do or supervise your screening.

Costs: After you meet the Part B deductible, you will pay 20% of the Medicare-approved amount (in a hospital outpatient setting, you also pay a copay).

For more information and to search for a provider near you, please visit <https://www.medicare.gov/coverage/glaucoma-screenings>



**Woodburn Court 1 Apartments**

21-23 Exchange St

Binghamton, NY 13901

Call: 607-723-7875

TOD: 711 Relay

62 or older and those with a disability over the age of 18

Now accepting  
applications!

Owned and operated by C.S. American Management

- 148 One Bedroom Apartments
- Project-Based Section 8
- Elevators
- Secure Building
- Gated Parking lot
- 24- Hour Maintenance



If you have a disability and need assistance with the application process, please contact Cynthia at **607-723-7875**.



## Recipes

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

### Carrot Cookies

Carrots give this traditional oatmeal and raisin cookie a colorful and tasty twist.

#### Ingredients

- 1/2 cup margarine, soft
- 1 cup honey
- 1 cup carrots, grated
- 2 egg whites, beaten
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups oatmeal, quick cooking, uncooked
- 1 cup raisins



#### Directions

1. Preheat oven to 350 °F.
2. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
3. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture just until all flour is mixed. Do not over mix.
4. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 °F for 10 minutes, or until lightly browned.

Source: <https://www.myplate.gov/recipes/carrot-cookies>

### Huevos Rancheros with Fresh Salsa

For breakfast, lunch, or dinner, this savory egg dish is fresh, healthy, and inexpensive.



#### Ingredients

- 4 corn tortillas (6 inch)
- 1/2 tablespoon vegetable oil (or cooking oil of your choice)
- non-stick cooking spray
- 4 egg whites (medium)
- 4 eggs (medium)
- 1/8 teaspoon black pepper (ground)
- 1/4 cup reduced-fat shredded cheddar cheese
- 1 cup fresh salsa

#### Directions

1. Preheat oven to 450 °F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet.
3. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with non-stick cooking spray over medium heat.
6. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings.
7. Cook for 2 to 3 minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1 Tablespoon cheese
9. Place under the broiler for about 2 minutes until cheese is melted.
10. Spoon fresh salsa around the edge of each shell.

Source: <https://www.myplate.gov/recipes/huevos-rancheros-fresh-salsa>

### Soft Chicken Taco

Tacos can be served for lunch or dinner. This recipe uses fresh tomato salsa.



#### Ingredients

- 2 chicken breasts, thawed, skin and bone removed from each piece
- 1/2 teaspoon vegetable oil
- 1 teaspoon garlic, finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 tablespoon taco seasoning or chili powder (optional)
- 1 green pepper, sliced
- 1 medium onion, sliced
- 4 soft tortillas, 6-inch size
- 1/4 head Romaine lettuce, sliced thin
- 1/4 cup tomatoes, diced
- 4 fresh tomato salsa
- 1 tablespoon parsley or cilantro, chopped (optional)

#### Directions

1. In a large bowl, mix chicken, vegetable oil, garlic, salt, and pepper.
2. If using taco seasoning or chili powder, add that too.
3. Cover the bowl with plastic wrap and place it in the refrigerator for about 30 minutes.
4. While the chicken is in the refrigerator, cook the pepper and onion on a stovetop over medium heat until done (about 12 minutes).
5. Cook the chicken over medium heat. Cook each side for about 10 to 15 minutes.
6. Place chicken on a plate. Let it cool for 5 minutes. Cut the chicken into strips.
7. To make the tacos, put chicken on the tortilla first. Add peppers and onion strips next. Top with lettuce, tomato, and salsa. If using parsley or cilantro, add that too.

Source: <https://www.myplate.gov/recipes/soft-chicken-taco>

### Quick Black-Eyed Peas

Tasty turkey bacon and frozen black-eyed peas are the star ingredients in this recipe. Add a little chipotle pepper and sauce, cayenne pepper, or jalapeños if you prefer some additional heat.



#### Ingredients

- 4 slices turkey bacon (chopped)
- 2 cups black-eyed peas, frozen (about 2 pounds)
- 1/2 cup onions (chopped)
- 2 cups water
- 1/4 teaspoon black pepper
- 1 tablespoon sugar

#### Directions

1. Over medium-high heat cook bacon and onions for 3 to 4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

Source: <https://www.myplate.gov/recipes/quick-black-eyed-peas>

## TECHNOLOGY CORNER



As we embrace the promise of a fresh start in 2026, many of us set resolutions for better health and more connection. This year, why not let technology be the key to achieving both?

It's completely natural to feel nervous about trying something new, especially when it involves computers or smartphones. But think of technology classes not as difficult lessons, but as powerful tools that unlock new areas of independence and joy.

Our local technology classes and one-on-one help are designed specifically for beginners. You'll be in a supportive, friendly environment, moving at your own pace. There are no silly questions, only new skills waiting to be mastered!

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

- George F. Johnson Tech Center comes to the Broome West Senior Center  
Topic: How to Find Reliable Health Info Online  
Wednesday, January 14th 11AM
- Vestal Library comes to the Vestal Senior Center  
Wednesday, January 14th and 28th 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.lvbt@ gmail.com](mailto:tel.lvbt@ gmail.com) to preregister. Walk-ins may register but will be scheduled to start at a later date.

### ONE-ON-ONE TECHNOLOGY ASSISTANCE:

- **Broome County Library:** Assistance is available every Thursday from 1 – 3 PM. Call **607-778-6451** or email [bcplreference@ gmail.com](mailto:bcplreference@ gmail.com) to book a 20-minute session.
- **Nineveh Public Library (Tech Talk for Seniors):** Technology assistance and answers to your questions are now available! Call the Library for details at **607-693-1858**

## Get Help from Getthere

- **Getthere Connection to Care Program** connects older adults with transportation services that best fit their needs
- **Getthere Travel Training** provides training to individuals and groups to help them navigate and utilize local transportation options
- **Getthere Volunteer Transportation Service** helps people with cost-effective transportation to health services
- To access these services, call the **Getthere Call Center** at **607-296-2509**.
- Call Center staff complete an intake and determine all possible transportation options
- Hours of operation:  
Monday - Friday; 7am-5:30pm.



## Start the New Year with Health in Mind!



All are welcome to participate in FLEX & FUEL BINGO at Johnson City Senior Center

The program begins  
**Wednesday, January 7th at 1PM**  
We will meet each Wednesday at 1PM for 4 weeks  
(January 7th - January 28th)

Sessions will be no more than an hour.

- **Session 1** - Healthy Weight Maintenance
- **Session 2** - Eating Mindfully
- **Session 3** - Winter Wellness
- **Session 4** - Menu Planning and Healthy Recipes

- \* Enjoy simple exercises while having fun playing BINGO
- \* Facilitated by Bridget and Donna from OFA
- \* Win prizes!

Sign-ups are encouraged but not required, please call Bridget at **607-778-2411** to sign up. Come for one session or as many as you can.

Broome County  
**Office for Aging**

# Look What's Happening at the Centers!

## Senior Center Closings:

Thursday, January 1st in celebration of New Years Day

\*\*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

- 1/6 Mental Health Presentation on How to Beat the Blues by Binghamton University 11AM
- 1/6 Chop and Chat 1PM Call to reserve your spot.
- 1/8 "Science is Everywhere!" presentation live streamed by Kopernik Observatory & Science Center 1PM
- 1/9 Team Trivia with Deanna and Gene 1:15 – 2:30PM
- 1/12 Broome West Celebrates Indoor Sports with Friday at Fred's 11AM
- 1/13 Downsize and Declutter with Joan 3PM
- 1/14 George F. Johnson Library Tech Class with Mary Ann 11AM
- 1/14 Broome West Caregiver Chat 1 – 2:30PM
- 1/15 Discover Live: Berlin, Germany 10AM
- 1/19 Discover Live: Washington DC, National Cathedral 1:30PM
- 1/22 Discover Live: Split, Croatia 11AM
- 1/23 Dolly Parton's Birthday Celebration with Musical Guest, Bits and Pieces 11AM
- 1/27 Discover Live: London, England 1:30PM
- 1/27 Bright and Beautiful Therapy Dogs Visit 12:30PM
- 1/28 Beat the Winter Blues with entertainment by Mike Jukebox 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 Events:

- 1/9 & 23 Bingo with Sallie 10:30AM
- 1/12 & 26 Chop and Chat 10:30AM Call to reserve your spot.
- 1/12 Craft Day 12:30PM
- 1/14 & 30 Horse Racing Board Game 10:30AM
- 1/16 Mending with Sallie 10:30AM
- 1/16 Nutrition presentation by Kathleen Cook, CCE 12PM
- 1/19 Popcorn Day 10 – 2PM
- 1/28 Beat the Winter Blues Celebration – Trivia and Snacks! 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

- 1/15 Eric Beneke from the Delaware County Office for Aging 11:30AM
- 1/22 Discover Live: Split, Croatia 11AM

## Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

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

Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM

Lunch served at 12PM

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

### Weekly Activities

**Monday:** Shuffleboard 9AM; Canasta 10 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

- 1/5 January Birthday Celebrations! 10:30AM
- 1/7 Craft with Tyra 10AM Call to sign up.
- 1/9 Burger Bar 11:30 – 12:15PM
- 1/13 Yankee Trade – Bring a gift (\$10 or less), get a gift! 10:30AM
- 1/14 Officers and Finance Meeting 9:30AM Senior Center Site Council Meeting 10:45AM
- 1/15 Golden Griddle – Breakfast for Lunch 11:30 – 12:30PM
- 1/21 Grief, Loss, and Open Discussions Support Group by MHAST (Mental Health Association of the Southern Tier) 10AM
- 1/21 Music by Forever Young 11AM
- 1/26 Cows, Pigs and Horses Board Game 10AM
- 1/28 Legal Aid 9 – 12PM Call for an appointment.
- 1/28 Beat the Winter Blues Day – "Dress and Guess" Fashion Show 11AM Silent Bag Auction 12:30PM

## 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

- 1/6 & 20 Holistic Healing: 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.
- 1/7 Lunchtime Trivia: General Knowledge 12PM
- 1/8 Executive Board Meeting 9:30AM
- 1/9 Film Friday: "Calendar Girls" 1PM Free popcorn, soda for sale.
- 1/12 Legal Aid 9AM Appointment required, please call.
- 1/13 Fabulous Snowflake Man, Jim Baldwin 12PM

1/13 & 27 Chop & Chat 1PM Call to reserve your spot.  
 1/13 Neighborhood Watch Meeting 6PM  
 1/15 Grilled Ham & Cheese & Homemade Soup w/ Musical Guest, Accordionist David Hores 11:30AM  
 1/19 MLK Jr. Day - Center Closed  
 1/23 Film Friday: "What About Bob" 1PM Free popcorn, soda for sale.  
 1/26 BFL: French toast w/ Blueberry Topping, 10:45 - 12:15PM  
     No take-out available.  
 1/28 Beat the Winter Blues Luncheon at 11:45AM, BINGO for prizes from 10 - 11:15AM Musical Guest Johnny Only 11:30AM

## Johnson City Senior Center

30 Brocton Street, Johnson City, NY 13790  
 Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM  
**Lunch served at 11:45AM | 607-797-3145**

### Weekly Activities

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

**Tuesday:** Guitar Group 9 – 12PM (\$2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM (\$3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Table Shuffleboard 12:30 – 3:00PM (\$1)

**Wednesday:** Quilting 9 – 12PM; Ukulele Group 9:30 – 11AM (\$3); Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)

**Thursday:** Guitar Group 9 – 12PM (\$2); Oil Painting & Drawing 10 – 1PM (\$3); Low-Impact Aerobics 10 – 11AM (\$3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM (\$3)

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

### Special Activities

1/2, 9, 16, 23 & 30 Poetry Group 12:30PM Size is limited; call to pre-register.  
 1/2, 16 & 30 Art Workshop \$3 10 – 12PM  
 1/5, 12, 19 & 26 Greater Good Grocery Bus 11 – 12PM  
 1/6 & 20 Widow & Widowers Support Group 10 – 11AM  
 1/6 Chop & Chat (Faith in Action): Menu TBD 11 – 12PM Signup by 12/30.  
 1/7 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM  
 1/7 Flex & Fuel Bingo – Healthy Weight Maintenance PLUS chair exercises! 1 – 2PM  
 1/7 Book Club (Outrageous Grace: A Story of Tragedy and Forgiveness by Grace Fabian) 3 – 4PM  
 1/8 Veterans Get Together 10 – 11AM  
 1/9 & 23 Left-Right-Center Dice Game (\$3 to play) 11 – 11:45AM  
 1/14 Discover Live: Lisbon, Portugal 10:30 – 11:30AM  
 1/14 Flex & Fuel Bingo – Mindful Eating PLUS chair exercises! 1 – 2PM  
 1/15 Legal Aid 9 – 12PM Call for an appointment.  
 1/18 Southern Tier Orchid Society 1:30 – 2PM social time, 2 – 4PM meeting  
 1/21 Discover Live: Martinique 11 – 12PM  
 1/21 Flex & Fuel Bingo – Winter Wellness PLUS chair exercises! 1 – 2PM  
 1/21 LGBTQ+ Senior Social Group 3 – 4PM  
 1/21 Alzheimer's Association – Caregiver Support Group 4 – 5PM  
     Registration and pre-screening required; call ALZ at 315-472-4201 x227.  
 1/22 Discover Live: Split, Croatia 11 – 12PM  
 1/27 Discover Live: London, England 1:30 – 2:30PM  
 1/28 Beat the Winter Blues Day 11:45AM  
 1/28 Haircuts 10 – 11:45AM Call for an appointment.  
 1/28 Flex & Fuel Bingo – Menu Planning & Healthy Recipes PLUS chair exercises! 1 – 2PM

**The beginning is the most important part of the work.**

— Plato

## Northern Broome Senior Center

12 Strong's 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; Exercise with Vet 12:30PM  
**Friday:** Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

### Special Activities:

1/6 Golden Agers 12PM  
 1/8 Breakfast 10AM  
 1/14 Discover Live: Lisbon, Portugal 10:30AM  
 1/16 Fabulous Flakes 12:15PM  
 1/19 Chicken & Biscuits for Lunch 11:30AM  
 1/20 International Games with OFA 10:30AM  
 1/21 Discover Live: Martinique 11AM  
 1/28 Beat the Winter Blues Celebration with Hot Cocoa Bar and Decorate your Own Cupcakes 12PM  
 1/30 Pub Burgers 11:30AM

## Vestal Senior Center

201 Main Street, Box #4, Vestal, NY 13850  
 Located in Old Vestal High School Cafeteria  
 Center Hours: Monday - Friday, 9 – 2PM  
**Lunch served at 11:45AM | 607-754-9596**

### Weekly Activities

**Monday:** Mahjong 12PM  
**Tuesday:** Pinochle (new players welcome) 9AM  
**Wednesday:** Knitting 9:30AM; Sandwich Bar 11:15AM (reservations appreciated); Bridge (new players welcome) 12PM; Oil Painting 1PM  
**Thursday:** Bingo 10AM; Ice Cream 12PM  
**Friday:** Chef Salads 11:30AM (reservations required); Mexican Train 12PM

### Special Activities

1/2, 9, 16, 23 & 30 Vivo Exercise Class 10AM  
 1/5 Chop and Chat 10AM Call to reserve your spot.  
 1/6 & 8 Bingocize 12PM  
 1/8 Philly Cheesesteak Day served with Salad, Applesauce Cup and Ice Cream Cup 11AM Call to reserve your meal.  
 1/12 Breakfast for Lunch - Blueberry Pancakes, Sausage, Scrambled Eggs and Potatoes 11AM  
 1/14 & 28 Vestal Library Tech Help 10:15AM  
 1/14 Discover Live: Lisbon, Portugal 10:30AM  
 1/22 Discover Live: Split, Croatia 11AM  
 1/23 Pizza or Chef Salad Day 11AM  
 1/23 Bunko Dice Game 12PM  
 1/27 Vestal Senior Club Meeting Day 12:15PM  
 1/28 Beat the Winter Blues Day w/Loaded Burger Bar 11AM  
     Call to reserve.

### Trivia

How large is the Times Square New Year's Eve Ball in diameter?

Answer: 12 feet

## Hair @ Home

\*for men and women\*

A licensed hairdresser will come to you and do your hair in the convenience of your own home!



- Shampoo/Cuts
- Shampoo/Sets
- Perms
- Highlights
- Color

Call Barb for an appointment  
**607-862-3450**

## How To Read Food and Beverage Labels

Understanding what's in the foods and beverages we may consume can help us make healthier decisions. In many countries, including the United States, packaged foods and drinks — the types that come in cans, boxes, bottles, jars, and bags — include nutrition and ingredient information on their labels. However, sometimes these labels can be misleading and difficult to decipher. Read on to learn about the types of information that may be printed on food and beverage packaging and get tips for how to best interpret that information.

### How to read the Nutrition Facts label

The U.S. Food and Drug Administration (FDA) requires a Nutrition Facts label on most packaged foods and beverages. At the top of the Nutrition Facts label, you will find the total number of servings in the container and the food or beverage's serving size. The serving size on the label is based on the amount of food that people may typically eat at one time and is not a recommendation of how much to eat.

**A**

**B**

The remainder of the label information is usually based on one serving of the food or beverage (see Food Label A). However, if the container has more than one serving but typically it might be consumed in one sitting — such as a pint of ice cream — the label will have two additional columns (see Food Label B). The first of these columns lists the calories and nutrients in one serving. The second lists that same information for the entire container. If you eat an entire package of food that contains two servings, you will get twice as many calories, nutrients, sugar, and fat as are in one serving.

### Understanding percent Daily Value (% DV)

The percent Daily Value (% DV) tells how much a nutrient in a serving of the food or beverage contributes to a total daily 2,000-calorie diet. Although the average person needs 2,000 calories a day to maintain their weight, individuals may need more or fewer depending on their lifestyle. If you are eating fewer calories per day and eat one serving, your % DV will be higher than what you see on the label. Some nutrients on the Nutrition Facts label do not have a % DV, but consumers can still use the number of grams to compare and choose products.

Most older adults exceed the recommended limits for saturated fats, sodium, and added sugars. Compare and choose foods to get less than 100% DV of these each day, making sure to adjust for how many calories are in your diet. Additionally, many older adults do not get the recommended amounts of dietary fiber, vitamin D, calcium, and potassium. Eating enough foods that contain these nutrients can reduce the risk of developing some diseases and conditions, such as cardiovascular disease, osteoporosis, and high blood pressure. Compare and choose foods to aim for 100% DV of these nutrients.

The % DV information is not calculated with the unique needs of older adults in mind. Read the nutrition label as a whole to determine how a particular food or drink fits into your healthy eating pattern.

### How to read the ingredient list

The ingredients in packaged food and beverage items are listed separately from (and often below) the Nutrition Facts label. This information lists each ingredient in the product by its common or usual name, and in descending order by weight. That is, the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Be on the lookout for terms that indicate added sugar, such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, and high-fructose corn syrup. Artificial sweeteners such as sucralose, saccharin, aspartame, and acesulfame should also be consumed in moderation.

### Light, low-calorie, organic labeling — what do these mean?

Sometimes, food and beverage packaging includes terms that may try to convince the consumer the food is healthy. To help avoid confusion, the FDA sets specific rules for what food manufacturers can call "light," "low," "reduced," "free," and other terms. This type of labeling may have little to do with how nutritious the food is. Here are some examples and what they mean:

- **Light.** Light products are processed to reduce either calories or fat. This may sound healthy, but some "light" products are simply watered down. Check carefully to see if anything has been added to make up for the reduced calories and fat, such as sugar.
- **Low-fat, low-calorie, low carb.** These foods have a legal limit to how many calories, grams of fat, or carbohydrates (carbs) they can contain per serving. However, if a serving size is very small, you may end up eating multiple servings in one sitting, ultimately consuming the same amount of fat, calories, and carbs as the regular version of the food.
- **Multigrain.** This sounds healthy but only means that a product contains more than one type of grain. Unless the product is marked as whole grain, it is possible the grains are all refined grains, which have likely lost important nutrients during processing.
- **Organic.** Products declared organic must be produced without conventional pesticides, synthetic fertilizers, biotechnology, or ionizing radiation. Organic animals must be fed organic feed and not be injected with hormones or antibiotics. Remember, organic foods may still have the same number of calories, fats, proteins, and carbs as nonorganic foods.
- While these descriptions or terms are regulated by the FDA, others aren't, so always check the nutrition label to see if the product matches your healthy eating goals.

Source: <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/how-read-food-and-beverage-labels>

## Sudoku Answers

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

## Simple Tips to Stay Safe and Warm

Winter in Broome County brings beautiful snow, but it also creates unique risks. Taking a few proactive steps now can help you avoid falls, stay warm, and ensure you're prepared for any winter weather that comes our way.

### Focus on Falls Prevention Outdoors

Even the most confident walker needs extra caution on ice and snow. **Mind Your Footwear:** Just like we discussed for home safety, your winter boots need excellent traction. Choose boots with thick, rubber treads (not smooth plastic soles).

**Walk Like a Penguin:** When walking on icy patches, slightly bend your knees, keep your center of gravity over your feet, and take short, shuffling steps. Avoid putting your hands in your pockets so you can use them to maintain balance if you slip.

**Clear Your Path:** If you're physically able, shovel or salt your sidewalks and steps promptly. If you rely on a service or neighbor, call them before a storm hits to confirm your priority.

### Keep Your Home Safe and Warm

A warm home is a safe home, especially during a power outage.

**Check Your Heating:** Have your furnace, stove, or chimney professionally inspected before winter starts.

**Guard Against Carbon Monoxide:** Check the batteries in your carbon monoxide detectors and smoke alarms.

**Prepare an Emergency Kit:** Keep a kit accessible with essentials: a working flashlight, extra batteries, a fully charged cell phone, a blanket, and bottled water. If you rely on electricity for medical equipment, plan ahead with your provider.

### Stay Connected and Stocked Up

Isolation can be dangerous during a storm.

**Stay in Touch:** Tell a friend or neighbor your routine and ask them to check on you if the weather is severe. If you are a Meals on Wheels recipient, always follow their emergency protocol.

**Stock Your Pantry:** Keep a few days' supply of non-perishable foods that don't require cooking, such as canned goods, crackers, and peanut butter, in case you can't get out to the store.

By taking these small, practical steps, you can face winter confidently, knowing you've done everything to ensure your safety and comfort.

## Taking Care of Your Eyes

Your eyes need special care throughout your lifetime. According to the American Optometric Association, daily eye care will keep your eyes healthy while limiting changes in vision and any impact on your lifestyle.

**E - Eye protection:** Wear sunglasses with 100% UV protection and safety glasses when performing activities that carry a risk of eye injury.

**Y - Yearly exam:** Schedule regular eye exams with an eye specialist every one to two years to evaluate vision changes and check for age-related macular degeneration (AMD), glaucoma, and cataracts.

**E - Exercise:** Following the recommendations of your provider, engage in regular exercise to improve blood flow to the eyes, keeping the eyes as healthy as possible.

**C - Chronic conditions:** High blood pressure and diabetes may be managed to prevent eye complications of retinopathy and glaucoma.

**A - Adjust driving:** To accommodate age-related vision changes, safely reduce speed and avoid driving after dark with limited night vision.

**R - Reduce (or quit) smoking:** This helps decrease the risk of developing cataracts and AMD.

**E - Eat an eye-healthy diet:** Include Vitamins found in leafy greens of spinach and kale, colorful fruits, orange vegetables such as sweet potatoes and carrots, along with Omega-3 fatty acids found in fatty fish.

Taking these simple steps to care for your eyes will help to minimize vision changes and lessen the impact of vision loss on your lifestyle. Consider making an appointment with your eye specialist in the new year.

c. 2026 All rights reserved: Susan Wenzinger, MSN, RN  
Susan is a nurse practitioner, health writer, wellness coach, and yoga teacher who practices in Broome County.

For more information, visit [www.FullBloomHealthandYoga.com](http://www.FullBloomHealthandYoga.com).

# 6 Healthy Sleep Habits for Older Adults

Older adults need about 7-9 hours of sleep each night. Getting a good night's sleep supports physical health, mental health, and overall well-being. Improve your sleep with these tips.

Develop a regular sleep schedule and bedtime routine

Avoid napping in the late afternoon or evening

Try to avoid electronic screens, such as cell phones and TVs, in the bedroom

Exercise at regular times each day, but not within three hours of bedtime

Avoid alcohol, caffeine, and large meals late in the day

Keep your bedroom quiet and at a comfortable temperature

Learn more at: [www.nia.nih.gov/sleep-tips](http://www.nia.nih.gov/sleep-tips).

## Fuel up for a Fresh Start!

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



Every day has the possibility of being a day to start something new, begin a fresh start, and make positive changes. Purposefully choosing foods that will fuel a positive mood and provide energy instead of highly processed foods and short-term quick energy substances like caffeine and sugar can improve your chances of success.

Fueling your body and mood begins with listing what foods will be helpful to stay positive and energetic, and then making a point of buying those foods, having them readily available, and eating them regularly.

Healthy fats, fiber, and protein keep your energy up by helping you stay full and satisfied for hours and giving you a steady mood. Foods rich in vitamins A and C protect you from illness and fight inflammation, B vitamin-rich foods help you deal with the stress of making changes, and water boosts your concentration, memory and learning ability.

Are you thinking of what foods would provide those nutrients? Fruits, vegetables and whole grains have fiber and vitamins. Dark leafy greens (like spinach, kale, collard greens) nuts, seeds, some animal products, and whole grains contain B vitamins.

Red and orange fruits and vegetables are excellent sources of vitamins A and C. Sweet potatoes, squash, pumpkin, peaches, apricots and citrus fruits are some examples.

Create a powerful snack or meal by combining various foods: mix canned tuna (or chicken) with a little mayo, lemon juice, diced celery, and onion and eat it with crackers or cucumber slices; add grated cheese and salsa to a baked potato; make a warm quesadilla with refried beans, cheese, avocado and salsa; or stir cottage cheese, Greek yogurt and spices together for a veggie dip.

Begin positive change by fueling up first!

## Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

**Myth**  
I only need a plan if I'm very old or ill.



**Fact**  
It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

**Myth**  
My loved ones will know what I want when the time comes.



**Fact**  
Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

**Myth**  
An advance care plan only matters if I put it in writing.



**Fact**  
The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

**Myth**  
I need a lawyer to create an advance care plan.



**Fact**  
Most states offer free advance directive forms online, and you do not have to involve a lawyer.

**Myth**  
Once I put my plans in writing, I can't change them.



**Fact**  
Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

**Ready to get started?**

Visit [www.nia.nih.gov/acp](http://www.nia.nih.gov/acp)



## Communication for Connection

As we welcome 2026, many of us resolve to build a healthier, calmer life. This January, let's focus on an often overlooked tool for mental wellbeing - **the way we connect with others through conversation**.

Communication is the foundation of all our meaningful relationships. When we communicate mindfully, we not only strengthen our bonds with others but also cultivate profound inner peace and confidence.

This year, make your conversations intentional by focusing on three simple goals:

- Practice Deep Listening: The most powerful connection happens when you are fully present. When speaking with a friend, put your phone away and resist the urge to interrupt or plan your reply. Simply focus on what they are sharing.
- Seek Understanding, Not Agreement: Disagreement is a natural part of life, but it doesn't have to lead to stress. Instead of trying to convince someone of your viewpoint, approach the conversation with curiosity: "Help me understand why you feel that way." This mindset reduces conflict, builds mutual respect, and leaves everyone feeling calmer.
- Share What Truly Matters: Instead of defaulting to small talk, try sharing a genuine feeling or asking an authentic question. For example, instead of asking, "How was your day?" try, "What is one thing that made you smile today?" Sharing honestly about your life and asking specific questions about their life deepens intimacy, wards off loneliness, and reinforces your support network.

Your words are the direct route to your mental health. By committing to more intentional, present, and respectful communication this year, you create a supportive environment that fuels your "fresh start" and strengthens your sense of belonging.



## Broome County Office for Aging



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

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

**To inquire about the above position, call Lucia at OFA at**

**607-778-2411**



- Call-In Driver for Sodexo  
 Part Time Hours

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

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

**“To improve is to change; to be perfect is to change often.”**

— Winston Churchill

### Beat the Winter Blues at Your Local Senior Center!

**Wednesday, January 28th**

Enjoy a day of fun, with a wide variety of activities and a summer themed luncheon. Each center will be celebrating in their own way from Bingo to a Fashion Show, Hot Cocoa and Cupcake decorating to Music, Dancing more!

So come warm up with friends and have fun, contact the center you wish to attend for more information on how they are celebrating! Phone numbers and center specifics can be found in the “Look What’s Happening at the Centers” section of this issue.

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

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

### Important OFA Mini Bus Service Update

The OFA Mini Bus provides curb-to-curb transportation to those who are age 60 and over and have a valid OFA ID Card. The bus operates from 9:00 am to 4:00 pm Monday through Friday. You make a reservation for the bus to pick you up at your home or other point of origin and deliver you to your destination.

With an OFA ID card, you can ride the OFA Mini Bus at the voluntary contribution per each one-way trip. **In January 2026 the new contribution rate will be \$2.50 for each one-way trip.** Contributions are appreciated and help to ensure the continuation of this service. No one will be denied service due to an inability or unwillingness to contribute. Your reservation may include 1-2 guests. Guests under age 60 are charged \$3.00. Guests 60 or over who have a valid OFA ID card can ride the bus for the suggested contribution of \$2.50/ride.

To make a reservation you must have a valid OFA ID card. Those who need an OFA ID card can call 607-778-2411 for an application or print the application from OFA's website: [www.gobroomecounty.com/senior/idcard](http://www.gobroomecounty.com/senior/idcard)

After you apply for the OFA ID Card contact BC Transit to obtain your client ID and passcode to be used for the reservation system. The OFA Mini Bus serves older adults living in the urban areas of Broome County. This includes Binghamton, Johnson City, Vestal, Endicott, Endwell, Chenango Bridge and parts of Kirkwood and Conklin.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options, please contact the Getthere Call Center at 607-296-2509. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7am until 5:30pm to help you determine what transportation option best meets your needs.

# January 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.*

|   |           |  |   |  |
|---|-----------|--|---|--|
| <p><b>Happy New Year! Here's to healthy eating in 2026.</b> You will often see chicken on the menu, here are a few reasons why: Chicken is high quality protein which is essential for building and repairing tissues, maintaining muscle mass and supporting overall body functions. Chicken is rich in Vitamins B3, B6 and B12, phosphorus and selenium. These play a vital role in energy production, immune functions and brain health.</p> |           |  | <b>Senior Centers Closed 1/1 Happy New Year 2026!</b> | <b>Caesar Chicken Breast 2</b><br><b>OR Beer Battered Fish</b><br>Roasted Potatoes<br>Carrots<br>Macadamia Cookie                            |
| <b>Ham &amp; Scalloped Potatoes</b><br>French Cut Green Beans<br>Confetti Cookie  | <b>5</b>  | <b>Beef Burgundy Over Buttered Noodles</b><br>Carrots<br>Chocolate Pudding   | <b>6</b>  | <b>Liver w/Onions</b><br><b>OR Roasted Chicken Thigh</b><br>Mashed Potatoes<br>Broccoli Florets<br>Applesauce                                |
| <b>Beef Stew over Over a Biscuit</b><br>Cut Green Beans<br>Warm Spiced Apples<br>Cranberry Oatmeal Cookie   | <b>12</b> | <b>Meatball Parm Sub</b><br>Sausage Soup<br>Pears<br>White Chocolate<br>Macadamia Cookie                                 | <b>13</b>   | <b>Roast Turkey</b><br>Bread Dressing<br>Corn<br>Pumpkin Pie   |
| <b>Four Cheese Macaroni &amp; Cheese</b><br>Stewed Tomatoes<br>Brussels Sprouts<br>Mandarin Oranges   | <b>19</b> | <b>Lemon Basil Chicken</b><br><b>OR Sausage Link</b><br>Roasted Potatoes<br>California Blend Vegetables<br>Ice Cream Cup | <b>20</b>   | <b>Salisbury Steak</b><br><b>OR Halupki</b><br>Mashed Potatoes<br>Carrots<br>Chocolate Chip Cookie   |
| <b>BBQ Chicken Breast</b><br><b>OR Kielbasa</b><br>Pierogies w/Onions<br>Corn<br>Lemon Pudding  | <b>26</b> | <b>Breaded Chicken Cutlet</b><br>Vegetable Beef Soup<br>Diced Beets<br>Peaches   | <b>27</b>   | <b>Beat the Winter Blues!</b><br><b>Pub Burger</b><br><b>OR Beer Battered Fish</b><br>Baked Beans<br>Hawaiian Coleslaw<br>Lemon Meringue Pie |
|   |           |  | <b>28</b>   | <b>Roast Pork w/Apricot</b><br><b>OR Citrus Rubbed Fish</b><br>Scalloped Potatoes<br>Spinach<br>Applesauce                                   |
|   |           |  |   | <b>29</b>  |
|   |           |  |   | <b>Teriyaki Chicken</b><br>Brown Rice Pilaf<br>Oriental Blend Vegetables<br>Pineapples & Mandarin<br>Oranges                                 |
|   |           |  |   | <b>30</b>  |
|   |           |  |   | <b>Meatloaf w/Gravy</b><br><b>OR Shrimp Scampi</b><br>Alfredo Pasta<br>French Cut Green Beans<br>Pineapple                                   |
|   |           |  |   | <b>Swedish Meatballs</b><br><b>OR Broiled Fish w/Lemon</b><br>Buttered Noodles<br>Peas<br>Apple Crisp  |

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

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



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

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

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

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