



Visit Our Website at www.gobroomecounty.com/senior



National Family Caregivers Month

Celebrated every November, National Family Caregivers Month is dedicated to recognizing and honoring family caregivers across the country. It serves as a vital opportunity to raise awareness about the diverse challenges caregivers face, from balancing work and care responsibilities to the significant emotional, physical, and financial tolls. Communities are encouraged to use this month to educate themselves on caregiving issues and increase much needed support for these individuals. Turn to page 3 for our recurring 'Caregiver Corner' feature, packed with information on local caregiver events, respite options, helpful tips, and more.

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 November, we will be walking through Winnipeg, Strasbourg, NYC, Milan, Luxor and Miraflores. These are free classes, and no reservations are required.



November 4th 3:30PM Virtual walking tour through **Winnipeg, Canada** (streamed to the Johnson City Senior Center)



November 12th 10:30AM Virtual walking tour through **Strasbourg, France** (streamed to the Johnson City, Vestal and Northern Broome Senior Center)



November 17th 1:30PM Virtual walking tour through **Broadway to Battery, NYC** (streamed to the Broome West Senior Center)



November 19th 11AM Virtual walking tour through Milan, Italy (streamed to the Johnson City and Northern Broome Senior Center)



November 20th 10AM Virtual walking tour through Luxor, Egypt (streamed to the Broome West, Johnson City and Vestal Senior Center)



November 25th 1:30PM Virtual walking tour through Miraflores, Lima, Peru (streamed to the Broome West, Johnson City and Northern Broome Center)

★ ON THIS ★ VETERANS DAY

The Broome County Office for Aging extends our deepest gratitude to all who have served our nation. Your courage, commitment, and sacrifice have protected our freedoms and shaped the country we know today.

Thank you for your service.
We are forever in your debt.

With heartfelt appreciation,
Broome County
Office for Aging



Like Us! Follow Us!

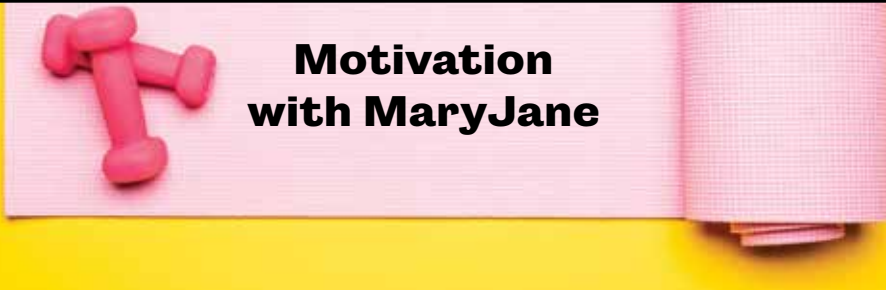
Don't miss out on any Office for Aging events & news!



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

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





Motivation with MaryJane

The Holiday Hustle Challenge

The holiday season is a time for joy, family, and celebration—but it can also bring cold weather, rich meals, and a break from daily routines. Staying active and healthy this time of year is especially important to support mobility, mood, and overall wellness.

Stay merry and motivated with this festive fitness goal:

Move for 25 minutes a day, 4 days a week, until New Year’s Day! (Think walking, chair yoga, tai chi, or even cleaning while listening to holiday music.)

Track your progress with a calendar or buddy up with a friend to stay accountable.

Tip: Hydrate, eat colorful veggies, and take breaks when you need them. A little movement every day can make a big difference!

Happy Holidays—and happy moving!



Tai Chi for Beginners

Tai Chi is going to be offered at Broome West Senior Center starting Wednesday, November 19th. The class will be held on Wednesdays and Fridays at 11 – 12PM

It is an 8-week evidence-based program that features Sun-Style Tai Chi movements. These movements have been proven to prevent falls and are particularly beneficial to those with arthritis.

If you are interested in participating, please call the number below.

Pre-registration is required as space is limited.

To register: Call OFA at 607-778-2411.

Flex & Fuel BINGO: DIABETES AWARENESS MODULE

- Participate in a fun game of BINGO
- Learn information about preventing and coping with diabetes.
- Participate in moderate stretch and balance exercises you can practice at home.
- Have a chance at winning special prizes!

Upcoming sessions:

Deposit Senior Center: Thursday, November 13th at 1PM

First Ward Senior Center: Friday, November 14th at 11:15AM

Chenango Bridge Senior Center: Monday, November 17th at 12:30PM

Eastern Broome Senior Center: Thursday, November 20th at 12:15PM

Vestal Senior Center: Wednesday, November 26th at 10:30AM

Broome County
Office for Aging 

WEEKLY ACTIVITIES

Chair Yoga

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

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

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

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

Chair Exercise

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

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

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

Virtual Zoom Classes

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

ZOOM – Chair Yoga

Mondays 9:00AM

ZOOM – Chair Drumming Exercises

Mondays 2:00PM

ZOOM – Chair Dance and Yoga

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

ZOOM – Tai Chi

Wednesdays 9:00AM, Fridays 9:00AM

Caregiver Corner

Ideas and information for people caring for others.

The Johnson City Caregiver Chat:
Date: Monday, November 3rd **Time:** 1 - 2:30PM
Location: Johnson City Senior Center, 30 Brocton Street, Johnson City, NY 13790

The Broome West Caregiver Chat:
Date: Wednesday, November 12th **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. (Guest should be able to eat and toilet independently.)

Saturday, November 1st 11 – 2PM • First Saturday of the Month
St. Anthony’s Church Hall • 300 Odell Ave, Endicott

Saturday, November 8th 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, November 15th 11 – 2PM • Third Saturday of the Month
St. Mary’s Church of Kirkwood: 975 NY Rt 11, Kirkwood • RSVP 607-775-0086

Saturday, November 22nd 11 – 2PM • Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament: 465 Clubhouse Rd, Vestal • 607-778-2946

WEDNESDAY RESPITE

Wednesday, November 12th 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.



Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The national observance is led by Caregiver Action Network (CAN), a nonprofit that provides free education, peer support, and resources to family caregivers.

According to CAN, more than half of those providing care in the U.S. don’t recognize themselves as caregivers. As a result, many do not connect with support that can make a difference throughout their caregiving journeys.

ACL Efforts to Support Family Caregivers

Families are the primary source of support for older adults and people with disabilities in the U.S. Many family caregivers work and provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving takes a significant emotional, physical, and financial toll. ACL is a proud observer of NFCM, but we work year-round through programs and councils to support and empower family caregivers.

For more information, please visit <https://acl.gov/news-and-events/events-and-observances/NFCM>

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.**

**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!

Caregiver Consults with OFA’s Caregiving Team

Caregiving can be difficult. Caregivers benefit from the opportunity to meet privately with a Caregiver Specialist. As part of National Caregiver Month, BCOFA is making consults more accessible.

To learn about local support services and respite options schedule a one-on-one consult at a Senior Center near you. Private space available and Megan can connect you to support and share strategies that other families have used to be able to keep their loved one home as long as possible. Schedule your appointment today. Up to 20 mins is available for each caregiver.

- 11/5 10:30AM-12:00PM Eastern Broome Senior Center
- 11/21 10:00AM-12:00PM Johnson City Senior Center

Registration is not required. Please call **607-778-2411** with any questions.

Events at the Centers

Broome West Senior Center

Thursday, November 20th
Veterans Fly Fishing Class
1 –3PM

Chenango Bridge Senior Center

Friday, November 14th
Pajama Day!
10 – 2PM

Come dressed in your best jammies! Let’s have fun!

Deposit

Thursday, November 20th
Craft Day with Brigitte!
10:30AM

Eastern Broome

Friday, November 21st
“Fun Friday”
A Movie and Popcorn!

Relax in the warmth of the center and enjoy time with friends!

First Ward

Film Fridays in November
Friday, November 7th
“Patch Adams”
1PM

Johnson City

SATURDAY BINGO!

Doors Open at 3PM
Board Sales 4 – 5PM
Games Played 5 – 8PM

Bingo Kitchen available 4– 5PM and at intermission.

Northern Broome

Wednesday, November 5th
Spaghetti and Meatball Lunch
11:30AM

Please call 607-692-3405 for a meal reservation.

Vestal

Monday, November 17th
Breakfast for Lunch – Blueberry Pancakes!
11AM

November Senior Center Closings:

Tuesday, November 11th in honor of Veterans Day
November 27th and 28th in celebration of Thanksgiving

Ask the Office:

"I am the primary caregiver for my loved one and it is a 24/7 job. I want to take a vacation but can’t leave my loved one alone. Is there a way for me to take vacation -even a staycation?"

Taking a break is important for a caregiver. Respite of any kind reduces caregiver burnout and helps caregivers stay on the job longer. It can be challenging to get longer breaks but Broome County Office for Aging has set up contracts with two different nursing facilities to make it easier. “Overnight Respite” allows you to place your loved one in a nursing facility for up to 2 weeks. This way you can take a vacation and fully relax knowing they are safe and cared for. If you are interested in learning more, please call Office for Aging at **607-778-2411**. Planning ahead is important. Call soon.



Downsize & Declutter Discussion with Joan

Just because you spent money on a item, it doesn’t mean it’s not clutter. You may not be able to get that money back, but clutter is stressful, and you deserve more.

Learn more at our Declutter Discussion on Tuesday, November 11th at 3PM on Zoom.

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

TAX VOLUNTEERS NEEDED

AARP Foundation Tax-Aide is looking for volunteers to staff our free tax preparation sites in Broome County for ten weeks in February, March and April (first half) in 2026. Please reach out by November 4th, though we may be able to accept new volunteers after this date. We will help you train through high-quality self-study materials that you can use on your own schedule. In addition, there will be weekly check-in sessions with a mentor assigned to you and an entire training team to help you along. We are looking for individuals that possess the following skills:

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

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

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

**“Life is 10% what happens to you and 90%
how you react to it.”**

— Charles R. Swindoll



Mark Your Calendar! Upcoming Community Events

Book Sales

George F. Johnson Library
1001 Park Street, Endicott
Friday, November 7th 10 – 4PM
Saturday, November 15th 10 – 2PM
Friday, November 21st 10 – 4PM

Broome County Public Library

185 Court Street, Binghamton
Wednesday, November 19th 4 – 7PM \$5 Bag Sale
Friday, November 21st 10 – 2PM
Saturday, November 22nd 10 – 1PM \$5 Bag Sale

Broome County Regional Farmers Market

840 Front Street, Binghamton
Saturday, November 1st 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!

Remembering Notable People of Windsor and Colesville

Vestal Historical Society, Vestal Public Library
320 Vestal Pkwy E, Vestal
Wednesday, November 5th 7PM
Come listen to stories of remarkable local people.

First Friday

Downtown Binghamton
Friday, November 7th 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/>

America, Beautiful

Binghamton Community Orchestra
167 E Frederick St, Binghamton
Saturday, November 8th 6:15PM Preconcert chat, concert starts at 7PM

Single Concert Tickets - \$12.00 Admission. Tickets are available at the door. The Binghamton Community Orchestra kicks off the 2025-2026 season with "America the Beautiful". Featuring the music of Adolphus Hailstork, Aaron Copeland, Max Bruch and Jordan Jinosko.

Rudolph the Red Nosed Reindeer

Promoted By: Endicott Performing Arts Center
102 Washington Ave, Endicott, NY 13760, USA
November 13th 8 - 10PM (Every day until November 15, 2025)

Tickets are \$23.79, 65+ and children 12 and under \$21.72
Come see a stage adaptation of the animated TV special featuring beloved characters like Rudolph, Santa, Hermey the Elf, Yukon Cornelius, and the Abominable Snow Monster.



Scam of the Month

Holiday Scams: How to Spot & Avoid Them

The holiday season can be a time of joy and celebration. It is also a prime time for scammers looking to exploit busy and often distracted consumers. With more people shopping online, booking trips, and donating to charities during the holidays, scammers use this opportunity to profit from unsuspecting victims. Protect yourself with these tips:

- **Fake Online Stores & Deals:** Scammers create fake sites that offer heavily discounted prices on popular holiday gifts to lure in shoppers. The sites look legitimate, often mimicking well-known businesses, but once you make a purchase you may receive a counterfeit item, a low-quality version, or nothing at all. To avoid this scam, be sure to shop only from trusted websites. Look for secure payment methods; website addresses beginning with "https." Read reviews and verify the site or online store is legitimate by contacting them directly.
- **Travel Scams:** Scammers target travelers through fake rental listings, fraudulent airline tickets, or nonexistent travel packages. These scams often offer "too good to be true" deals, with large discounts on popular destinations or all-inclusive trips that turn out to be fake. To avoid these scams, always use reputable booking sites or travel agencies. Verify the legitimacy of the travel company or listing through reviews or accreditation.
- **Charity Scams:** The spirit of giving makes the holiday season the perfect time for scammers to set up fake charities. Beware of people calling, e-mailing, or texting with emotional appeals to ask for donations. To make sure your money goes to the right place, give only to well-known and established charities. You can check the legitimacy of a charity and check the charity's eligibility to receive tax-deductible charitable contributions through the Tax-Exempt Organization Search (TEOS) tool on IRS.gov. Charity Navigator (<https://www.charitynavigator.org>) is also a resource that is a free, independent organization that helps people find and support charities by providing information on their financial health, accountability, and transparency. Avoid making donations through unverified links or unfamiliar callers.
- **Gift Card Scams:** Scammers target shoppers by manipulating gift cards. They may steal card numbers, replace them with fake ones, or hack online gift card systems. Scammers also ask for payment in gift cards, a common red flag. To avoid these scams, only buy gift cards directly from stores. Never buy gift cards from second-hand or third-party sellers. Keep receipts and avoid sharing gift card information online. Never pay for goods or services with a gift card.
- **Phishing E-mails and Texts:** Phishing attacks surge during the holidays, often disguised as shipping notifications, order confirmations, or holiday discounts. Scammers will send e-mails or text messages with malicious links, claiming to be from legitimate companies like Amazon, UPS, or major retailers. To avoid these scams, be very cautious of unsolicited e-mails and text messages, even if they look legitimate. Do not click on these links. Instead, contact the company through their official website or call them. They should have the information you need, and you will have protected yourself from a potential scam.

If you suspect you have fallen victim to a holiday scam, take immediate action. Report the fraud to your financial institution or credit card company. File a report with your local law enforcement agency and the Attorney General's Office. You may also file a report with agencies such as the Federal Trade Commission and Better Business Bureau. Change your passwords on any accounts that may have been compromised and enable extra security measures like two-factor authentication. Continue to monitor your accounts closely for further suspicious activity.

Call Broome County Office for Aging if you have questions at **607-778-2411**.

Late Season Vegetables
Provide Great Nutrient Boosts

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



The produce that is bought in November can provide delicious soups, stews and stir fry dishes through many of your autumn and even winter months. Root vegetables such as carrots, beets, parsnips, and turnips; as well as late season potatoes, sweet potatoes, cabbages and onions will often stay usable and nutritious for many weeks and possibly months, if stored in cool locations.

Refrigerators keep food cool by circulating cold air. This can have a drying effect on produce, so to protect them and keep your vegetables fresh and appealing, put them in plastic bags and store them in the crisper or the coolest part of your refrigerator. Putting some holes in the bags will keep them from having too much moisture and getting moldy.

Winter squash and pumpkins don't need refrigerators but will stay freshest if kept in a cool, dry, dark cabinet, shelf or drawer in the kitchen or a closet. Potatoes and onions should be stored in a dry cupboard, but not together! Onions produce a natural ethylene gas that causes potatoes to sprout and go bad; and potatoes release moisture which can cause onions to become soft, mushy, or moldy.

The dark orange color of carrots, pumpkin, sweet potatoes and squash help your body to have a strong immune system. Roasting them in a hot oven of 400 degrees or higher brings out their natural sweetness, eliminating the need to add sugars or syrups to them.

This is true of beets and the other root vegetables listed above, as well as cauliflower and broccoli. Roasted and cooled, vegetables will stay good refrigerated for four days, or several weeks in the freezer, allowing you to easily enrich your meals.



Nature Walking Club

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

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

November 13th 10AM - Binghamton University Nature Preserve

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

December 11th 10AM - Brick Pond in Owego

- From Rt 17C in Owego, make a sharp R turn on 5th Avenue, over the railroad tracks to a parking area on the right.

You're welcome to stay with us in Owego for lunch and then go to Tioga County Historical Museum to view all the Christmas trees decorated by local groups to be auctioned off as a fundraiser.

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



Conklin Seniors
Contact: Kathy 607-775-0880

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

Kirkwood Senior Trips
Contact: Jeanie 607-655-2685

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

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

December 3rd - Villa Roma - Motown Tribute
December 6th - Skaneateles – Dickens Christmas
December 11th - Southern Tier Stables

Port Crane Seniors
Contact: Donna 607-648-6071

November 5th - Hunterdon Hills Playhouse “Playhouse Christmas”



LGBTQ+ SOCIAL GROUP:
The next LGBTQ+ meeting will be Wednesday, November 19th 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.

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



The Story of Veterans Day

Veterans Day is intended to thank and honor all those who served honorably in the military – living and dead – whether in wartime or peace. In fact, Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who serve have sacrificed and done their duty.

Veterans Day, however, was first known as Armistice Day as a celebration of the resolution of World War I, a peace recognized historically on the date and time of that event, November 11, 1918, at 11:00 a.m., and salutes surviving service members as well as those who have passed away since their service.

In 1954, President Dwight D. Eisenhower signed a bill proclaiming November 11th as Veterans Day and called upon Americans everywhere to re-dedicate themselves to the cause of peace. He issued a presidential order directing the head of the Veterans Administration (now the Department of Veterans Affairs) to form a Veterans Day National Committee (VDNC) to organize and oversee the national observance of Veterans Day.

Sourced from <https://department.va.gov/veterans-day/>

Southern Tier Veterans Support Group (STVSG): *Connecting Veterans to Resources & Support*

The Southern Tier Veterans Support Group (STVSG) is proud to serve veterans, service members, and their families across 14 counties, including 11 in New York (Broome, Chemung, Chenango, Cortland, Delaware, Otsego, Schuyler, Steuben, Tioga, Tompkins, and Yates) and 3 in Pennsylvania (Bradford, Susquehanna, and Tioga). With over 70 partner organizations, we provide a wide range of services and financial assistance to those who have served our country.

As a dedicated bridge between veterans and vital services, STVSG is here to help connect you to the support you need. We also offer financial assistance to those who qualify, ensuring no veteran is left without the help they deserve.

New Office Location in Binghamton!

We are thrilled to announce our new partnership with Broome County and the opening of our office at the Veteran Resource Center on State St. in Binghamton. We will be holding drop-in office hours, which will be posted on our website and social media for your convenience. Whether you need guidance, assistance, or just someone to talk to, we're here for you.

Find Resources & Upcoming Events on Our Website

Visit our website at STVSG.org to explore our growing Resource Directory, which provides detailed information on services available to veterans in the Southern Tier. Be sure to check out our Events Page, which features local events for veterans and the community—keeping you informed and connected.

We are here to help, and we look forward to supporting you in any way we can.

VETERANS RECOGNITION AND REMEMBRANCE AT SENIOR CENTERS

All veterans and their families are invited to a special Veterans Recognition and Remembrance at the Deposit Senior Center with an evening meal on Thursday, November 6th and the other senior centers will have a special luncheon on Monday, November 10th.



Senior centers are offering a variety of activities to honor all Veterans service to our country including recognition ceremonies and music. A delicious meal will be served around noon.

All veterans will receive a complimentary lunch. For all others, the voluntary, suggested contribution for lunch is \$4 for those age 60+ and spouse of any age. For those under age 60, the charge is \$5. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Please call the senior center of your choice to make a meal reservation by noon on Tuesday, November 4th for Deposit and Friday, November 7th for the other centers.

Find the phone number of the senior center nearest you listed on the Look What's Happening at the Centers section of this Senior News publication.

PLEASE JOIN US FOR A
— Special —

THANKSGIVING LUNCHEON

Enjoy a traditional Thanksgiving dinner with all the fixings at Broome County Senior Center!

Celebrate on **Wednesday, November 19th**
around noon at local senior centers or
Thursday, November 20th
at the Deposit Senior Center.

We make this day fun and festive, so call the senior center of your choice to make your lunch reservation by noon at least one day in advance.

Find phone numbers listed in the "Look What's Happening at the Centers!" section.

The voluntary suggested contribution for lunch is \$5 for those age 60+ and spouse of any age. For those under age 60, the lunch charge is \$6. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.





Pumpkin Soup

Canned pumpkin tastes good and is easy to use. The blend of ingredients in this soup gives it a hint of sweetness.

Ingredients

- 3 cups water
- 1/4 pound beef round roast, thawed, sliced thinly
- 2 cans low-sodium pumpkin (about 30 ounces)
- 2 tablespoons maple syrup (or 2 tablespoons brown sugar)
- 1/4 teaspoon black pepper
- 1/2 teaspoon cinnamon (optional)
- 1/4 cup onions, diced

Directions

1. In a medium-sized pot, bring water to a boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes.
5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.

<https://www.myplate.gov/recipes/pumpkin-soup-0>



Tuna Salad with Grapes

Grapes make this tuna salad both savory and sweet. Serve this salad over lettuce leaves for a quick and easy lunch.

Ingredients

- 2 cans water packed tuna (5 ounce cans, drained)
- 1 cup celery (chopped)
- 1/8 cup mayonnaise (2 Tablespoons)
- 1/8 cup yogurt, low-fat plain (2 Tablespoons)
- 1 cup grapes, seedless (cut in half)
- 7 lettuce leaves, (washed and separated)

Directions

1. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir.
2. Add grapes to mixture and stir gently.
3. Cover and chill until ready to serve.
4. Serve over lettuce leaves.

<https://www.myplate.gov/recipes/tuna-salad-grapes>



Turkey Stew

This hearty stew of turkey, potatoes, and vegetables will warm up a cold winter night. You can replace the cooked turkey with cooked chicken.

Ingredients

- 2 teaspoons vegetable oil (or oil of your choice)
- 1/2 cup onion (chopped)
- 1 clove garlic (finely chopped, or 1/2 teaspoon garlic powder)
- 4 carrots (chopped)
- 2 celery stalks (chopped)
- 2 medium potatoes (chopped)
- 1 can diced tomatoes (14.5 oz)
- 2 cups water
- 2 cups turkey (cooked, chopped or chicken)
- salt and pepper (optional, to taste)
- Italian seasoning

Directions

1. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.
2. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
3. Season to taste before serving.

<https://www.myplate.gov/recipes/turkey-stew>



Yogurt Berry Parfait

Enjoy this hearty snack or dessert, abounding with fresh fruit, granola, and any flavor of low-fat yogurt.

Ingredients

- 2 cups low fat yogurt (or fat-free, any flavor)
- 1 cup banana (sliced)
- 1/2 cup blueberries (fresh)
- 1/2 cup strawberries (fresh, sliced)
- other optional fruit (raspberries, peaches, pineapple and/or mangos)
- 1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon 1/2 cup of yogurt into each glass.
3. Sprinkle with granola.
4. Top with about 1/4 cup of fruit.

<https://www.myplate.gov/recipes/yogurt-berry-parfait>



988 | **SUICIDE & CRISIS
LIFELINE**

24/7 CALL, TEXT, CHAT

Trivia

In a website browser address bar, what does "www" stand for?

Answer: World Wide Web



Holiday Gifts that Support OFA's Mission

The mission of the Broome County Office for Aging is to improve and enrich the quality of life for all older persons residing in Broome County. The Office for Aging:

- promotes the dignity and independence of the older person.
- ensures comprehensive and coordinated services are readily available.
- encourages age friendly county wide planning.
- fosters public awareness of the value and contribution of older persons to the community.

By using the below gift opportunities, you are not only gifting your loved ones a meal or a newspaper, but you are supporting OFA's mission to support older members of our community.

Senior Center Meal Tickets

If you have a loved one who would enjoy a meal and so much more, consider stopping at any of our eight senior centers and picking up some meal tickets. Meals are only a suggested contribution of \$4 for those 60 plus or \$5 for those under the age of 60. If you would like to see an example of the meals served at the Senior Centers and the opportunities that each center provides, please see the "Look What's Happening Section" and back page of this publication. You would be given physical tickets to give to your loved one.

Senior News Subscription

You can also gift your loved one a year long subscription to this newspaper. The Senior News comes out every month with special senior center activities, community events, health articles, puzzles, fun volunteer opportunities, advertisements applicable to seniors, and much more.

The suggested donation amount for full year of the Senior News is only \$12. You will be mailed a letter to give your loved one stating the donation was made for them and the paper will be mailed to their home every month.

Gift Shops at the centers

Two of our senior centers also have gift shops inside that contain an array of fun gifts. Many items are handmade. By shopping at the senior center gift shops, you support the center and can buy some unique gifts to give this holiday season.



Broome West Senior Center
2801 Wayne Street, Endwell, NY 13760
Gift Shop: Monday – Friday, 9 – 2PM



Eastern Broome Senior Center
27 Golden Lane, Harpursville, NY 13787
Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM

Northern Broome Senior Center
12 Strongs Place, Whitney Point 13862
Gift Shop: Monday – Friday, 9 – 3PM



For more information on any of these gifting opportunities, please call OFA at **607-778-2411**.

To:

From:



Gratitude: A Gift that Nurtures Well-Being



What is gratitude? According to the Merriam-Webster dictionary, "gratitude is defined as a feeling of appreciation or thanks" which allows us to recognize the abundance surrounding us.

Studies conducted at the Universities of Rochester and Utah explore the power of gratitude to contribute to our health and happiness. While focusing on the people and experiences we appreciate, feel-good chemicals are released in the body, contributing to improved sleep, lowered blood pressure, reduced anxiety and depression, more positive connections with others, and other health benefits.

How do we discover the power of gratitude in our everyday lives? Researchers shared many beneficial practices; here are a few:

- Self-appreciation: Shower yourself with kindness throughout the day. Practice self-care and consider looking in the mirror while saying, "I love you!"
- Practice mindfulness: the ability to be fully present in any moment. Use your five senses to pay attention to the sounds, sights, smells, tastes, and touches experienced right now. Using breath as a focal point, pause in mindfulness throughout the day.
- Keep a gratitude journal: List positive experiences throughout the day. Many times, these moments are considered ordinary and quickly forgotten. By being mindful, we can train our brains to savor these experiences, increasing positive emotions and health.

These are just a few practices; experiment to discover what brings you into the place of appreciation. And remember, gratitude isn't just for Thanksgiving—it can be practiced year-round to support daily well-being.

c. 2025 All rights reserved: Susan Wenzinger, MSN, RN
Susan is a nurse practitioner, health writer, wellness coach, and yoga teacher who practices in Broome County.

For more information, visit www.FullBloomHealthandYoga.com

CHRISTMAS

Bake Sale

SATURDAY, DECEMBER 20

10:00 AM - 1:00 PM

PICK UP IN THE CHURCH HALL

SS Peter & Paul Orthodox Church

210 Hill Ave. Endicott, NY



Call or Email Order: (607) 754-0249 • sspeterandpaulbakesale@gmail.com

Last Day to Order: Friday, Dec. 12th • Limited Quantities, Order Early!

Pierogi (potato/cheese) \$15/dozen	Kielbasa Smoked or Fresh	Bread Raisin - \$12 Plain - \$10	Rolls (Nut, Apricot & Cheese) \$17/roll Baked by Sugar Rays, Peckville PA
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PAID ADVERTISEMENT

Look What’s Happening at the Centers!

****Meal reservations are needed by noon the business day prior for all Senior Centers****

Broome West Senior Center

2801 Wayne Street, Endwell, NY 13760
Center Hours: Monday - Friday, 9 – 3PM
Gift Shop: Monday – Friday, 9 – 2PM
Lunch is served at 12PM | 607-785-1777

Weekly Activities

Monday: BoneSavers 10AM; Hand and Foot Card Game 12:30-2:45PM
Tuesday: Adult Coloring 9:30AM; Mahjong Group 10AM; Chair Exercises 10:30AM; Scrabble 12:30 - 2:45PM; Ping Pong 1 - 2:45PM; Yarn Group 1PM
Wednesday: BoneSavers 10AM; Canasta 1 - 2:45PM; Floor Shuffleboard 1 -2:30PM
Thursday: Wii Bowling 9:30AM; Chair Exercises 10:30AM; Social Connections 1PM; Chair Yoga 1PM
Friday: Mahjong 12:30 - 2:45PM; Ping Pong 1PM; Cornhole 1PM

Special Activities

11/3 Memory Maker Project “Windows of Time”
Memory Boxes Art Workshop 10 – 11:30AM
11/4 & 25 Chop and Chat 1PM Call to reserve your spot.
11/6 & 7 AARP Safe Driving Class 9:30 – 12:30PM Reservations required.
11/6 Craft Class 9:30AM Call to sign up.
11/6 Legal Aid 9 – 12PM Appointment required.
11/10 Veterans Day Celebration with David Hores on the Accordion 11AM
11/12 GJF Tech Class on How to Find Reliable Health Info Online 11AM
11/12 Caregiver Chat 1 – 2:30PM
11/13 “Science is Everywhere!” presentation live streamed by Kopernik Observatory & Science Center 1PM
11/14 Team Trivia with Deanna and Gene 1:15PM
11/17 Discover Live: Broadway to Battery, NYC 1:30PM
11/19 Thanksgiving Luncheon with Entertainment by Dan Bolten 11AM
11/20 Discover Live: Luxor, Egypt 10AM
11/20 Veterans Fly Fishing Class 1 – 3PM
11/24 Entertainment by Greg Neff 11AM
11/25 Discover Live: Lima, Peru 1:30PM

Chenango Bridge Senior Center

740 River Road, Binghamton, NY 13901
Located in the First United Methodist Church of Chenango Bridge
Center Hours: Mondays, Wednesdays, and Fridays, 10 – 2PM
Lunch is served around 11:30AM | 607-663-0406

Weekly Activities:

Monday: In-Person or Zoom Sit Down Chair Yoga 9AM; In-Person or Zoom: Drumming 2PM; Walk with Friends 1PM; Marbles 10AM
Tuesday: ZOOM ONLY: Chair Dance Yoga 9AM
Wednesday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Wii Wednesdays 10 – 2PM; Hand & Foot Card Game 10AM
Thursday: ZOOM ONLY: Chair Dance Yoga 9AM
Friday: In-Person or Zoom Tai Chi 9AM; Chair Dance and Yoga 11AM In-Person or Zoom; Mahjongg 10AM

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

Special Events:

11/3 & 26 Horse Racing Board Game 10:30AM
11/3 Memory Maker Project “Windows of Time”
Memory Boxes Art Workshop 1 – 2:30PM
11/5 Donut Day! 10 – 2PM
11/7 Orange Day 10 – 2PM Wear orange and get an orange!
11/7 Bingo with Sallie 10:30AM
11/10 Veterans Day Remembrance Program 11AM
11/12 Cup Action Game 12:30PM
11/14 PJ Day 10 – 2PM
11/17 Chop & Chat (Faith in Action) 10:30AM Call to reserve your spot.
11/17 Flex and Fuel BINGO with OFA Nutrition Department 12:30PM
11/19 Thanksgiving Luncheon 11:45AM
11/21 Mending by Sallie 10:30AM Bring in something that needs mending.
11/21 Nutrition presentation by Kathleen Cook, CCE 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 1 - 2PM ; Tai Chi 2 – 3PM
Thursday: Wii Games 10:30 – 12:30PM; Tai Chi 2 – 3PM

Special Activities

11/6 Veterans Recognition Day - Evening Meal 4:30PM
11/13 Flex and Fuel BINGO with OFA Nutrition Department 1PM
11/20 Crafts with Brigitte 10:30AM
11/20 Delaware County OFA Eric Beneke Q&A 11:30AM
11/20 Thanksgiving Luncheon 12:30PM

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 10:30AM
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

11/3 November birthday celebrations! 10:30AM
11/5 Caregiver Services presentation and Q&A by Megan Horton 10:30 – 12PM
11/6, 13, 20 Greater Good Grocery Bus 11 – 12PM
11/7 Burger Bar 11:30 – 12:30PM
11/10 Veterans Day Remembrance 11AM
Guest Speaker Ben Harting (Broome County Sheriff’s Office) 12:15PM
11/12 Officers and Finance Meeting 9:15AM
Senior Center Site Council Meeting 10:45AM
11/12 Craft Class – Afghan Stitch with Kathy 12:30PM
11/13 Golden Griddle – Breakfast for Lunch 11:30 – 12:30PM
11/17 Memory Maker Project “Windows of Time”
Memory Boxes Art Workshop 10 – 11:30AM
11/19 Grief, Loss, and Open Discussions Support Group by MHA (Mental Health Association of the Southern Tier) 10AM
11/19 Thanksgiving Luncheon 9 – 2:30PM Lunch 12PM
Live Music by Forever Young 12:30PM
11/20 Flex and Fuel BINGO with OFA Nutrition Department 12:15PM
11/21 Fun Friday – Movie & Popcorn 12:15PM
11/24 Cows, Pigs and Horses Boardgame 10AM
11/26 Legal Aid 9 – 12PM Call for an appointment.

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

- 11/3, 10, 20 & 27 Line Dancing 1PM & 2PM
- 11/4 & 18 Holistic Healing-15 minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM \$3 Advanced registration and payment required.
- 11/6 Executive Board Meeting 9:30AM
- 11/7 Film Friday: “Patch Adams” 1PM Free popcorn, soda for sale.
- 11/10 Legal Aid 9AM Appointment required, please call.
- 11/10 Veterans Day Luncheon w/ Musical Guest, Rick Pedro 11:30AM
- 11/12 Lunchtime Trivia - Thanksgiving 12PM
- 11/13 Potato Bar w/ Musical Guest, Greg Neff 11:30AM
- 11/14 Flex and Fuel BINGO with OFA Nutrition Department 11:15AM
- 11/18 Chop & Chat 1PM Advanced registration required.
- 11/19 Thanksgiving Luncheon w/ Musical Guest, Johnny Only 11:30AM
- 11/24 BFL - Potato Casserole w/ Ham, Scrambled Eggs & Toast 10:45 - 12:15PM No take-out available.
- 11/21 Film Friday: “The Family Stone” 1PM Free popcorn, soda for sale.

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

- 11/3, 10, 17 & 24 Greater Good Grocery Bus 11 – 12PM
- 11/3 Caregiver Chat Support Group (facilitated by BC OFA) 1 – 2:30PM
- 11/4 Discover Live: Winnipeg, Canada 3:30 – 4:30PM
- 11/5 The Medicine Shoppe (glucose, blood pressure & O2 checks) 10 – 12PM
- 11/7 & 21 Art Workshop \$3 10 – 12PM
- 11/7, 14, & 21 Poetry Group 12:30PM Size is limited; call to pre-register.
- 11/8 Bingo - Doors Open 3PM Board Sales 4 – 5PM Games Played 5 – 8PM
- 11/12 Discover Live: Strasbourg, France 10:30 – 11:30AM
- 11/13 Veterans Get Together 10 – 11AM
- 11/14 Caregiver Services presentation and Q&A by Megan Horton 10 – 11AM
- 11/14 Left-Right-Center Dice Game (\$3 to play) 11 – 11:45AM
- 11/18 & 11/20 AARP Driver Safety 1 – 4PM Call to enroll.
- 11/18 Memory Maker Project “Windows of Time” Memory Boxes Art Workshop 1 – 2:30PM
- 11/19 Discover Live: Milan, Italy 11 – 12PM
- 11/19 Thanksgiving Luncheon 11:45AM
- 11/19 Book Club (The Water is Wide: A Memoir by Pat Conroy) 3 – 4PM
- 11/19 LGBTQ+ Senior Social Group 3 – 4PM
- 11/19 Alzheimer’s Association – Caregiver Support Group 4 – 5PM Registration and pre-screening required; call ALZ at 315-472-4201 x227.
- 11/20 Legal Aid 9 – 12PM Call 607-797-3145 for an appointment.
- 11/20 Discover Live: Luxor, Egypt 10 – 11AM
- 11/21 Play Ball! Senior Open House: 11 – 11:45AM Historian Roger Luther presentation, Ball Park lunch at 11:45AM
- 11/25 Caregiver One-on-One Chats 10 – 12PM Call to schedule an appointment.

- 11/25 Widow & Widowers Support Group 10 – 11AM
- 11/25 Chop & Chat (Faith in Action) 11 – 12PM Signup by 11/18.
- 11/25 Discover Live: Miraflores, Lima, Peru 1:30 – 2:30PM
- 11/26 Haircuts 10 – 11:30AM Call for an appointment.

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

Special Activities:

- 11/4 & 18 Golden Agers 12PM
- 11/5 Spaghetti & Meatball Lunch 11:30AM
- 11/6 & 20 Hand & Foot Card Game 12:30PM
- 11/7 & 21 Horse Racing Board Game 12:30PM
- 11/10 Veteran's Day Luncheon - Refreshments at 10AM. Whitney Point Band 11AM Program to follow.
- 11/12 Discover Live: Strasbourg, France 10:30AM
- 11/13 Breakfast 10AM
- 11/14 Memory Maker Project “Windows of Time” Memory Boxes Art Workshop 12:30 – 2PM
- 11/19 Thanksgiving Luncheon 11:30AM
- 11/19 Discover Live: Milan, Italy 11AM
- 11/21 Open House with Bingo and Country Theme 10 – 1PM
- 11/25 Discover Live: Lima, Peru 1:30PM

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

- 11/3 Chop and Chat 10AM Call to reserve your spot.
- 11/3 King High Card Game 12PM
- 11/5 & 19 Vestal Library Tech Help 10:15AM
- 11/6 & 20 Genealogy Class 1PM
- 11/10 Veterans Day Luncheon 11AM
- 11/12 Discover Live: Strasbourg, France 10:30AM
- 11/14 Pizza of Chef Salad Day 11AM
- 11/14 Bunko Day 12PM
- 11/17 Breakfast for Lunch – Blueberry Pancakes 11AM
- 11/18 Memory Maker Project “Windows of Time” Memory Boxes Art Workshop 10 – 11:30AM
- 11/18 Vestal Club Meeting Day 12:15PM
- 11/18, 20 & 25 Bingosize 12 – 1PM
- 11/19 Thanksgiving Luncheon 11AM Entertainment by Friday at Freds 11:45AM
- 11/20 Discover Live: Luxor, Egypt 10AM
- 11/24 Chop and Chat 10AM Call to reserve your spot.
- 11/26 Flex and Fuel BINGO with OFA Nutrition Department 10:30AM

“A kind gesture can reach a wound that only compassion can heal.”

— Steve Maraboli

HEAP Winter Heating Assistance Opens Tentatively on November 17th

Apply for a federally funded one-time grant to help with the cost of heating your home this winter. Assistance is available to homeowners and renters who meet monthly income guidelines (higher limits apply for larger households):

- 1-person household: \$3,473
- 2-person household: \$4,542
- 3-person household: \$5,611

If you received a benefit last HEAP season you should automatically receive an application in the mail. If you did not receive a benefit last HEAP season please call HEAP to request an application be mailed to you when the program opens.

Choose the right location to apply:

- Office for Aging (OFA) – age 60+ or disabled (receiving SSI or SSD). Call **607-778-2063** to reach the HEAP voicemail and leave a message to have an application mailed to you.
- The Career & Community Services Center of Broome County, DSS location accepts applications for homeowners and renters under age 60 and not disabled. Call **607-778-1100, option 6**.
- Or, Apply Online – www.mybenefits.ny.gov

The program is scheduled to end on April 7, 2026, or when funds are exhausted.

Changes to Broome County Medicare Plan Offerings for 2026

It is very important that you check to see if your Medicare plan is still available next year, and what the cost of the premiums and your medicines will be. If it's not available or you want to see if you can reduce your costs, you have until December 7 to pick a new plan that will start in January 2026.

Broome County had 12 standalone prescription drug plans (PDP) in 2025. That number is going to **10** for 2026. If you have a Medicare Advantage Plan (MAP), you will want to check availability and the costs. We know some MAP plans from certain companies are not available in 2026. Some of the premiums and benefits for both PDPs and MAPs have changed significantly.

If you need assistance, Action for Older Persons is here to help. Our expert counselors can provide no cost, unbiased assistance to find a plan that will work best for you. We have limited in-person appointments left but do have phone appointments available. Don't wait – call today. 607-722-1251.

METRO Interfaith Housing Management
The Key to Housing in Greater Binghamton Since 1968
62 or older and those with a disability over the age of 18.

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www.metrointerfaith.org

HUD Housing Counseling Agency
607-723-0582

Licensed Enriched Housing Provider at

- **Lincoln Court Apartments**
Binghamton South Side
- **Metro Plaza Apartments**
Downtown Binghamton



PAID ADVERTISEMENT



Art Workshop

Join the Memory Maker Project for the "Windows of Time" Art Workshop. This 90-minute storytelling-based creative project invites you to reflect on and share meaningful life memories through guided prompts and mixed-media artwork. Participants will create personalized memory boxes, fostering connection, expression, and celebration of lived experience.

Broome West Senior Center - November 3rd 10 - 11:30AM

Chenango Bridge Senior Center - November 3rd 1 - 2:30PM

Northern Broome Senior Center - November 14th 12:30 – 2PM

Eastern Broome Senior Center - November 17th 10 - 11:30AM

Vestal Senior Center - November 18th 10 - 11:30AM

Johnson City Senior Center - November 18th 1 - 2:30PM

OPEN HOUSES AT THE SENIOR CENTERS

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

Broome County Senior Centers have been having Open Houses over the last two months with each of the eight centers showcasing all the valuable programs, activities and services that they offer. Each of the eight centers provides access to information, opportunities, and support to improve the lives of people as they age but they all also have their own special niche. We'd like to share that "niche" with you!

Remaining Open House Dates and Locations:

November:

21st Johnson City and Northern Broome

Sudoku Answers

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

Biographies of Early Broome County Citizens

Embark on a journey through Broome County's captivating history, shining a light on its early citizens. Their unique stories reveal the diverse experiences and lasting legacies that shaped our local communities. This exploration offers a richer understanding of our region's growth and helps us connect with the people who built our shared heritage.



Dorothy Lampton Titchener (1892-1982)

The person most responsible for introducing the idea that a woman could be the president or vice-president was Dorothy Lampton Titchner. In 1952, through her leadership in the Businesses and Professional Women's Clubs and the National Federation, Dorothy worked to get a few female politicians nominated by the major political parties. Although they were unsuccessful, they consciously advocated the need for a woman's perspective in the administration and paved the way for future woman to hold political office. On a local level, Dorothy was the Chairwoman of the Binghamton Housing Authority for 17 years, Girl Scout Commissioner, and a radio TV personality on current events.



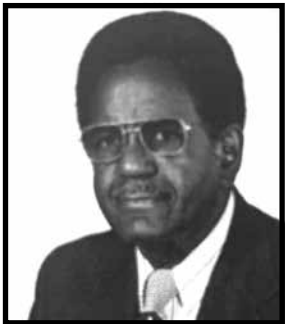
Samuel Mills Ely (1837-1909)

Ely was the founder of one of the most important wholesale grocery businesses in the area. He was also a partner in the Binghamton Chair Factory. He was an important benefactor in many religious and charitable organizations, especially the Fresh Air Children's Movement. In 1890, he had a tabernacle built for evangelistic meetings. When the meetings ended, he has the tabernacle taken down and used the materials to build a ten-story tower on top of Mount Prospect. It was an exciting place to visit and overlook Binghamton. In 1907, he donated this area to the city in the hopes that a park would be developed there. The tower blew down in 1911. The site is now a popular golf course.



Theron Philley (1914-1988)

Before the modern communication systems of the 1990's, Philley had turned an amateur radio hobby in his Windsor home into a full scale avocation and state directorship of a military communications system. He was New York State Director for the Army, Navy and Air Force Miliary Affiliate Radio Systems program. In 1966, there was 17,000 people in the U.S. quickly relaying messages regarding all kinds of emergencies, and capable of talking to servicemen all over the world, especially in Vietnam. Monthly averages of 400 calls were "patched" through Philley's hilltop radio shack, with its 75 and 98 foot steel towers on Trim Street.



William Leighton (1914-1988)

When he was nineteen years old, Leighton became the personal valet to William Sharpe Kilmer, Binghamton's famous millionaire. He lived at Kilmer's Sun Briar Court stables and traveled with Kilmer. Leighton served in the Army during World War II and retired from IBM after 25 years. During that time, he was actively involved with the Urban Renewal and We-fare Advisory Committee, the Community Development Advisory Committee, and the Model Cities Project. He served on the Governor's Commission for the State Office for Aging. For the last ten years of his life, he was Director of Human Development for Catholic Charities.

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

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 1-855-373-4040**
- Call Center staff complete an intake and determine all possible transportation options
- Hours of operation:
Monday - Friday; 7am-5:30pm.





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

– Mary Buchan



Woodburn Court 1 Apartments

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TOD: 711 Relay

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

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- 24- Hour Maintenance



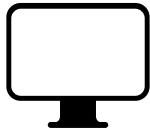
If you have a disability and need assistance with the application process, please contact Cynthia at **607-723-7875**.



Discover the Tech Opportunities
at Your Local Broome County Senior Center

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

Topic: How to Find Reliable Health Info Online
Wednesday, November 12th 11AM



Vestal Library comes to the Vestal Senior Center
Wednesday, November 5th and 19th 10:15AM
Technology Assistance

More Technology Classes from Local Libraries

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

Broome County Public Library: 185 Court Street Binghamton, NY
These classes are intended for people with little or no computer
experience. Lessons are personalized for each group of students.
Typical topics include:

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

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

One-on-One Technology Assistance

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

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



Loneliness and Social Isolation – Tips for
Staying Connected

Everyone needs social connections to survive and thrive. But as
people age, they often find themselves spending more time alone.
Being alone may leave older adults more vulnerable to loneliness
and social isolation, which can affect their health and well-being.

How can you stay connected with friends and family?

First, it's important to take care of yourself. To help manage
stress and stay as mentally and physically healthy as possible,
try exercising, eating healthy, getting enough sleep (7 to 9 hours),
and pursuing activities you enjoy.

Here are some other ideas to help you stay connected.

- Find an activity that you enjoy, restart an old hobby, or take a
class to learn something new. You might have fun and meet
people with similar interests.
- Schedule time each day to stay in touch with family, friends,
and neighbors in person, by email, social media, voice call,
or text.
- Find a faith-based organization where you can deepen your
spirituality and engage with others in activities and events.
- Check out resources and programs at your local social
service agencies, community and senior centers, and public
libraries.
- Consider adopting a pet if you are able to care for one. Animals
can be a source of comfort and may also lower stress and
blood pressure.

Source: National Institute on Aging
[https://www.nia.nih.gov/health/loneliness-and-social-isolation/
loneliness-and-social-isolation-tips-staying-connected](https://www.nia.nih.gov/health/loneliness-and-social-isolation/loneliness-and-social-isolation-tips-staying-connected)

Let's plan! With the colder months here, planning for how to
remain connected to others and the community can help prevent
loneliness and social isolation. Fill out the below information and
post it to your fridge or calendar as a reminder.

People I Can Call:

Name _____	Phone# _____
Name _____	Phone# _____
Name _____	Phone# _____
Name _____	Phone# _____
Name _____	Phone# _____

Activities I Enjoy: _____

Dates to Look Forward to:





Broome County
Office for Aging

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

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

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



- Call-In Driver for Sodexo
Part Time Hours

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

- Full-Time Cook

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

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

Snow Vendors Wanted

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

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

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

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



Trivia

What is the tiny piece at the end of a
shoelace called?

Answer: An aglet

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PAID ADVERTISEMENT

November 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.*

Four Cheese Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Mandarin Oranges	3	Teriyaki Chicken Brown Rice Pilaf Asian Blend Vegetables Ice Cream Cup	4	Grandma's Meatloaf OR Shrimp Scampi Alfredo Pasta Broccoli Florets Peaches	5	Lemon Basil Chicken OR Sausage Link Roasted Potatoes California Blend Vegetables Pumpkin Cake	6	Turkey w/Provolone OR Tuna Salad Sandwich Chicken Noodle Soup Applesauce Oatmeal Cookie	7
Veterans Day Recognition Broccoli Cheese Chicken Mashed Potatoes Country Blend Vegetables Peanut Butter Pie Cups	10	Senior Centers Closed For Veterans Day Recognition	11	Meatball Parm Sub Sausage Soup Pears White Chocolate Macadamia Cookie	12	Roasted Chicken Thigh OR Halupki Mashed Potatoes Peas & Carrots White Oreo Cake	13	Chicken Cutlet OR Crab Cake Sandwich Baked Potato Coleslaw Harvest Pumpkin Coffeecake	14
Beef Stew over Over a Biscuit Cut Green Beans Warm Spiced Apples Cranberry Oatmeal Cookie	17	Breaded Chicken Cutlet Roasted Potatoes Cottage Cheese Peaches	18	Thanksgiving Luncheon Roast Turkey Bread Dressing Corn Cranberry Sauce Pumpkin Pie	19	Manicotti Italian Green Beans Garden Salad Tapioca Pudding	20	Pub Burger OR Hot Dog Baked Beans Red Potato Salad Ice Cream Cup	21
BBQ Chicken Breast OR Kielbasa Pierogies w/Onions Broccoli Florets Lemon Pudding	24	Beef Burgundy Over Buttered Noodles Peas & Carrots Peaches	25	Salisbury Steak OR Halupki Mashed Potatoes French Cut Green Beans Sherbet Cup	26	Senior Centers Closed Happy Thanksgiving	27	Senior Centers Closed	28

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



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

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



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

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

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

Senior News Editorial Policy

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