



Visit Our Website at www.gobroomecounty.com/senior



RECIPE CONTEST

HEALTHY RECIPE SUBMISSIONS ACCEPTED THROUGH APRIL 3rd

As part of National Nutrition Month, we want to hear about your favorite healthy and delicious recipes! Soups, entrees, side dishes, baked goods—whatever your specialty, please share it with us!

Recipe entries will be judged based on the following standards:

- 1) The recipe incorporates ingredients from a variety of food groups.
- 2) The recipe demonstrates modifications such as the use of spices in place of salt, or reduction of calories by substituting with lower-fat or lower-sugar ingredients, or other healthy modifications.

All recipes meeting the criteria as described in 1 and 2 above, as determined by the Office for Aging's Registered Dietician, Donna Bates, will be placed in a drawing together with all other recipes meeting these criteria, and the winning recipe will be selected at random.

To enter the contest, you must be a resident of Broome County and a senior citizen. Recipe submissions will be accepted until end-of-day on April 3, 2020.

Healthy recipes may be submitted to the Office for Aging via email at ofa@co.broome.ny.us, or by mail to **Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902**. You may also visit www.facebook.com/BroomeCountyOfficeforAging and send us a message with **your recipe**. Be sure to include your contact information, too (name, address, and phone number).

The winning recipe will be published in the *Senior News*, posted on the Broome County Office for Aging's Facebook page, and could be featured on the Broome County Senior Center Luncheon menu for all to taste!

March for Meals!

Broome County is participating in the National March for Meals campaign throughout the month of March. As part of this campaign, we are asking the community to support local Meals on Wheels programs by volunteering to deliver meals or by making a monetary contribution. Meals on Wheels is a vital service to our community as it helps older adults remain independent while living in their own homes.



In 2019, Meals on Wheels served meals to almost 700 people, totaling over 150,000 meals in our community!

To support the March for Meals, please consider making a donation online through the Broome County Office for Aging website at <http://gobroomecounty.com/senior>. To donate by check, make checks payable to Broome County Office for Aging and mail to Broome County Office for Aging, 60 Hawley Street, PO Box 1766, Binghamton, NY 13902. Please note it as a "March for Meals" donation.

Please help the community celebrate this proven collaboration of local community organizations, businesses, government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, *you* can ensure the older adults in your neighborhood can live healthy, happy and independent lives at home, where they want to be.

For more information and to volunteer to deliver meals, please call the Office for Aging: (607) 778-2411.

St. Patrick's Day Luncheon and Celebrations!

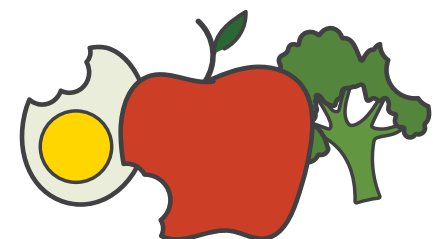


Please join us on Tuesday, March 17th for the St. Patrick's Day Luncheon and Celebration at participating local Senior Centers. Dress in green and enjoy a festive day filled with musical entertainment, Irish dance performances, games and more!

A special luncheon will be served around 12 noon, including your choice of corned beef or spinach parmesan pollack, baby red potatoes, sautéed cabbage and carrots, and mint-frosted vanilla cake for dessert. Lunch reservations are needed by Monday, March 16th (or Thursday, March 12th for Deposit). Please call a participating center to make your reservation and find out more about the day's entertainment schedule. Phone numbers are listed in the "Look What's Happening at the Centers!" section of this paper.

Guests age 60 and older and their spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition and Dietetics

Senior Center Census Day Events Complete the 2020 Census at Your Local Senior Center

What is the Census and How Broome County Can Benefit:

Every 10 years, the United States counts everyone who lives in the country. Getting an accurate count of Broome County residents is crucial to secure necessary funding for our community's vital programs that impact housing, public safety, education, transportation, employment, health care and public policy. Your participation in the 2020 Census is very important, as it will impact community funding and congressional representation for Broome County for the next decade.

The success of the census depends on everyone's participation and our community will benefit the most if everyone is counted. Broome County's population is aging, and adequate funding will be needed to provide programs and services that support the needs of older adults. The Office for Aging encourages all older adults in Broome County to complete the census and help Broome County receive an accurate and complete count.

What to Expect in the Mail:

Beginning in the middle of March 2020, you will receive an invitation to complete the 2020 Census. You can complete the census online, by phone, or by mail. Participation in the census is mandatory, and all information is kept confidential. Broome County residents who plan on being away from their primary residence in Broome County for extended periods of time should make sure to complete the census for the residence where they live and sleep most of the time. If you do not complete the census, you will receive several reminders and eventually a paper copy of the census questionnaire. A Census Bureau representative will follow up in person with any households that do not respond to the census.

How You Can Get Help with the Census:

If you do not have access to a computer, have questions about the census, or would like to get help completing the census, consider participating in the "Senior Center Census Day" events scheduled at local senior centers. A representative of the U.S. Census Bureau will be available during these events to help answer census questions and can also help you complete the census online. The "Senior Center Census Day" events will be held at:

North Shore Towers Senior Center	March 19, 11 AM - 1 PM
Johnson City Senior Center	March 30, 10:45 AM – 1 PM
Broome West Senior Center	April 2, 12:30 PM – 2:30 PM
First Ward Senior Center	April 3, 10:45 AM – 1 PM
Eastern Broome Senior Center	April 6, 11 AM – 1 PM
Vestal Senior Center	April 7, 11 AM – 1 PM
Northern Broome Senior Center	April 8, 10:45 AM – 1 PM
Deposit Senior Center	April 9, 11 AM – 1 PM

If you cannot attend one of the "Senior Center Census Day" events listed above and would like to complete the census online, check with your local senior center about the availability of computers. Detailed written instructions will be posted at senior centers that have computers on site. You can also check with your local library about computer availability to complete your census online.

Please visit www.2020census.gov or call the Census Call Center at 1-800-923-8282 to learn more about the upcoming census.



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Eat Right with Avocado Toast



Ingredients

- 1 slice bread (use thick-sliced, sturdy, whole grain or sourdough bread)
- 1/2 ripe avocado
- 1/8 teaspoon salt plus a pinch more for topping
- 1/8 teaspoon black pepper plus a pinch more for topping
- 1/2 teaspoon olive oil

Optional toppings: sliced tomatoes, a fried egg, cooked bacon, smoked salmon

Instructions

1. Toast the bread until golden.
2. Slice the avocado in half lengthwise and remove the pit from the avocado. Use a large spoon to scoop the avocado out of the skin. Place the avocado in a small bowl and mash with the back of a fork. Gently stir in the salt and pepper.
3. Spread mashed avocado over the slice of bread.
4. Drizzle with olive oil and add a pinch of salt and pepper.



Source: <https://onedishkitchen.com/avocado-toast-recipe/>

Savor the Senior Centers

with March Features

The month of March is just a few steps away from spring, holding the promise of warmer air, sunshine, and shades of green blooming all around us. In the spirit of springtime, "think green" as you browse this month's Senior Center menu.


Colorful veggies abound in the stuffed pepper casserole on Monday, March 9th, bringing a bright combination of green peppers, celery and carrots to your plate.

Try the homemade cream of broccoli soup on Tuesday, March 10th, paired with your choice of a tuna salad sandwich or pub burger.

If you join us for the festive St. Patrick's Day Luncheon on Tuesday, March 17th, treat yourself to a slice of vanilla cake with shamrock mint frosting.

The cilantro-lime chicken thigh with side of green beans on Tuesday, March 24th is sure to remind you of the flavors of springtime with fresh herbs and citrus.

To reserve your lunch and enjoy one of these specialties, see the "What's Happening at the Centers?" section of this paper for the phone number of a senior center near you. Bon Appetit!



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Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

Home Repair Options through First Ward Action Council

Date: Tuesday, March 17
 Time: 2:00-3:00 PM
 Location: Broome West Senior Center, 2801 Wayne Street, Endwell
 Presented by: First Ward Action Council

Attend this presentation to learn about the various home repair programs First Ward Action Council (FWAC) provides. The presenter will give an overview of what each program offers along with income and eligibility guidelines, including which municipalities in Broome County qualify for FWAC programs.

Home modifications and repairs can help seniors live more comfortably in their homes. Making an older adult's home safer and more accessible reduces fall risk, prevents accidents, and increases independence.

Pre-registration is requested; please call (607) 778-2411 to reserve your spot.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Place: Stay Healthy Center
 Oakdale Mall, Johnson City
 Date: Monday, March 2
 Time: 1:00-2:30 PM

Place: Broome West Senior Center
 2801 Wayne Street, Endwell
 Date: Wednesday, March 18
 Time: 9:30-11:00 AM

Scam of the Month

Date Change Scam

For decades, we have been accustomed to shortening dates. It is not unusual, instead of writing it out completely, to refer to a year by only its last two digits. For example, 2002 might be written as '02.

This year, law enforcement agencies are warning us to be sure to write the full year: 2020. Why is this important? If you are filling out any type of important document and shorten the year 2020 to '20, it leaves you vulnerable. Anyone who receives the document could easily take the date you wrote, and tack on any digits to the end of that date, making it appear to have been written before or after the date that it truly was. For example, if you wrote 2/10/20, someone could easily add "19" or "21" to change your date to 2019, 2021, or any date that suits the scammer.

People may become victims of this scam in many situations. One example is after signing an agreement to begin paying for a service. If the date is changed, you could be believed to be liable for nonpayment. The simplest suggestion to prevent this type of scam is to write the full year, 2020, on all important documents.

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.

From the Editor By Emma Saeger

March is National Nutrition Month! This year's theme, set by the Academy of Nutrition and Dietetics, is "Eat Right, Bite by Bite."

In keeping with the theme of eating right, this issue features helpful information on ways you can do just that! Many people remark that as they age, it becomes difficult for them to cook healthy meals for one or two people, after having cooked for a whole family for years. For this reason, the several recipes we have included are geared toward cooking for one to two people, but could easily be doubled or even tripled to make additional servings if desired.

We have also included information on how to stretch your budget for healthy foods through the use of financial benefits such as SNAP, the Supplemental Nutrition Assistance Program, formerly known as Food Stamps.

Last, but not least, included in this issue is our "Eat Right, Bite by Bite" recipe contest! Send us your favorite healthy recipe, and it could be featured on the menu for our Senior Center luncheons. We might even name it after you!

We hope that you will be inspired to make healthy choices each day, and that you will take your approach to eating, "bite by bite." It is the small steps in life that add up to the giant leaps.

Bon Appetit!



Johnson City Senior Center
 Contact: Kim, 797-3145

April 1
 "Queen Esther"
 Sight & Sound Theatres; Lancaster, PA

June 11
 "I Left My Dignity in My Other Purse"
 Hunterdon Hills Playhouse;
 Hampton, NJ

June 23
 Pine Creek Gorge:
 The Pennsylvania Grand Canyon
 Wellsboro, PA

AARP, Endicott Chapter
 Contact: Marilyn, 748-8849 or Betty, 354-4260

May 26-28
 Ocean City, MD

Eastern Broome Senior Center
 Contact: Arlene, 759-6306

April 7
 Tioga Downs Casino
 Nichols, NY

May 5
 "The Ultimate Johnny Cash Tribute"
 Penn's Peak; Jim Thorpe, PA

Got C.H.A.O.S.?

Do you have C.H.A.O.S: Can't Have Anyone Over Syndrome? We all perceive our clutter differently. Avoiding C.H.A.O.S. requires techniques that can be discussed at the monthly Downsize and Declutter Discussion. This month it's March 10 at 3 PM at Broome West Senior Center, 2801 Wayne St., Endwell. Call 785-3427 with questions.

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 Endicott NY | 607-754-0579

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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center
Tuesday	12:30 pm	Johnson City Senior Center

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center
Mon, Wed & Fri	10:00 am	First Ward Senior Center
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC
Tues & Thurs	10:15 am	Northern Broome Sr Center

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Thursday	10:00 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center

Chair Yoga

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

Monday	9:30 am	Eastern Broome Senior Center
Monday	11:00 am	First Ward Senior Center - \$5 charge
Wednesday	10:15 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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Open Swim & Water Aerobics Classes

First Ward Center is hosting these classes at West Middle School in Binghamton.

Monday & Thursdays	4:00-4:30 pm	Water Aerobics
Monday & Thursdays	4:00-4:30 pm	Open Swim

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

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Did You Know?

Use Your Yellow OFA ID Card to Access Public Transportation with a Discount

Did you know that your yellow Office for Aging (OFA) ID card provides you with several benefits to help you access public transportation options? If you have a yellow OFA ID card you can:

- Ride the BC Transit fixed route buses for a discounted rate of \$1.00/ride. This service has buses travelling a designated route stopping along the way at scheduled times. To help you plan your trip visit www.gobroomecounty.com/transit to find the BC Transit Trip Planner.
- Ride the OFA mini-bus for a suggested contribution of \$2.00/ride. OFA mini-bus operates between 9am and 4pm and covers the urban core of Broome County. Reservations for this service are required.
- Ride the BC Country buses for a suggested contribution of \$2.00/ride. BC Country provides transportation from rural to urban locations in Broome County. Reservations are required for this service.

Seniors must be 65 or older in order to receive the yellow OFA ID card. Seniors who are 60 - 64 years old and apply for an OFA ID Card will receive a blue ID Card. Blue OFA ID card holders can utilize the OFA Mini-Bus and BC Country service and access meals and services at local senior centers.

If interested in applying for an OFA ID card or to learn more call OFA at (607)-778-2411 or visit www.gobroomecounty.com/senior where you can download the OFA ID card application.

Want To Advertise in the Senior News?

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EVENTS at the CENTERS

"Beat the Winter Blues" Discussion on Seasonal Affective Disorder

Tuesday, March 10, 10 am

Broome West Senior Center

Join us to discuss the widespread issue of Seasonal Affective Disorder, also known as the "Winter Blues."

Evening Dining w/Rick Marsi

Thursday, March 12, doors open 3:30 pm, dinner 4 pm

Eastern Broome Senior Center

Share a meal, then enjoy nature photographer Rick Marsi's presentation, "Desperate for Daffodils!"

St. Patrick's Day Games w/Prizes

Tuesday, March 17, 10:15 am

North Shore Towers Center

Join us for games as we celebrate St. Patrick's Day.

St. Patrick's Day Trivia & Dance Party

Tuesday, March 17, 11:30 am

Deposit Senior Center

Everyone is Irish on this fun day!

Johnston School of Irish Dancers Performance

Tuesday, March 17, 12:15 pm

Johnson City Senior Center

Enjoy a performance by these talented dancers.

WBNG 12 News Anchors Visit

Wednesday, March 18, 1 pm

Northern Broome Senior Center

Come to meet and visit with Scott Sasina and Michelle Roberts of WBNG 12 News.

Pasta Dinner Fundraiser

Tuesday, March 24, 3 pm - 6 pm

First Ward Senior Center

Enjoy dinner, raffles, bingo, & music by Orange Blossom Special. \$8 advance/\$10 at door; \$4 for children under 12.

"Safari through Africa" w/Rick Marsi

Wednesday, March 25, 10:30 am

Vestal Senior Center

Photographer Rick Marsi will share a slideshow of his best shots from an African Safari trip.

Telehealth Education Presentations at Participating Senior Centers: Bringing the Conversation to You!

This spring, telehealth technology will be available at participating Senior Centers, brought to you by Binghamton University and the Broome County Office for Aging.

Telehealth education is a way for you to have a group conversation or a one-on-one chat with healthcare professionals and students across a television screen at a participating senior center. You will be able to listen and speak back to the presenters on the screen as if they were actually sitting in the room with you. So, the conversation comes to you! Right from your seat at the senior center, you can ask questions, sit in on live presentations about wellness topics that matter to you, and get the help you need to live a healthy and independent lifestyle.

To learn more, contact Sofia at the Broome County Office for Aging, (607) 778-2411, for the schedule of presentation dates and topics, as well as information on participating senior centers.

Eat Right with Chicken Margherita with Lemon Garlic Sauce for One



Ingredients

- 1/2 tablespoon olive oil, divided
- 1 6-ounce boneless, skinless chicken breast
- 2 tablespoons pesto
- 1/2 cup halved grape tomatoes
- 1 ounce shredded mozzarella cheese



For the Lemon Garlic Sauce

- 1 tablespoon butter
- 1 clove garlic minced
- 1/2 teaspoon lemon juice
- 1 tablespoon chopped parsley

Instructions

1. Heat oven to 425 degrees F
2. Pour 1/4 tablespoon of the olive oil into the baking dish. Swirl so that the oil coats the bottom of the dish. Place the chicken breast in the baking dish.
3. Spoon pesto over the chicken breast. Scatter tomatoes around the chicken and drizzle the remaining olive oil over the chicken and the tomatoes.
4. Bake for 30 minutes.
5. After the chicken is cooked through, sprinkle Mozzarella cheese over the top. Place the baking dish back into the oven and bake for an additional 5 minutes, until cheese has melted.

Lemon Garlic Sauce

1. Melt the butter over medium heat in an 8-inch skillet. Add the minced garlic and cook, stirring for 1 minute.
2. Stir in the lemon juice and parsley and cook for a minute. Pour sauce over chicken and enjoy hot.

Source: <https://onedishkitchen.com/chicken-margherita-recipe/>

Like Us! Follow Us!

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



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www.facebook.com/BroomeCountyOfficeForAging/



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<https://twitter.com/BroomeCountyOFA>

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.

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

Answers on Page 7

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

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Be Our Guest

YOU ARE CORDIALLY INVITED TO "BE OUR GUEST"
WHO: You!
WHAT: Tour and lunch
WHERE: One of the Eight Broome County Senior Centers
WHEN: Any weekday in April or May
RSVP: Call a number below, before noon on the day before

If you are not currently a 'regular' at a senior center, the Office for Aging is sponsoring a wonderful opportunity to "Be Our Guest!" this Spring. Our first "Be Our Guest" campaign was in 2018 and resulted in many local seniors enjoying an introduction to the benefits and fun of spending time at their local senior center.

Why should you take part? In April and May, you can schedule an appointment for a friendly tour of your local Broome County Senior Center – there are 8 locations to choose from. You will be matched with a staff member or friendly volunteer to learn about programs, activities, meals, and special events.

Who said there's no such thing as a free lunch? Allow us to offer you a complimentary, delicious lunch the day of your tour to enjoy with your new friends. As a fun bonus, you will receive two complimentary meal tickets for your next visit to the center – come back on your own or bring a friend.

Michelle at Broome West Sr Center (Endwell): 785-3427
 Kim at Deposit Sr Center: 467-3953
 Marcie at Eastern Broome Sr Center (Harpursville): 693-2069
 Liz at First Ward Sr Center (Binghamton): 729-6214
 Kim at Johnson City Sr Center: 797-3145
 Barb at North Shore Towers Center (Binghamton): 772-6214
 Desirae at Northern Broome Sr Center (Whitney Point): 692-3405
 Jenn at Vestal Senior Center: 754-9596

Spring Ahead!

Daylight Saving Time begins at 2:00 AM on Sunday, March 8th, 2020. Remember to turn your clocks ahead one hour.

The start of Daylight Saving Time is also a good time to check that your smoke and carbon monoxide detectors are in good working order, and to install fresh batteries. If you do not have these potentially life-saving detectors, there are programs which can help you obtain them at little or no cost to you. For more information, call the Office for Aging at (607) 778-2411.

Eat Right with Kale Chips



Ingredients

- 1 cup of kale leaves, chopped into bite-size pieces
- 1 tablespoon olive oil
- 1/2 teaspoon salt

Instructions

Mix all ingredients in a bowl. Place kale pieces on a parchment-lined baking sheet and bake at 350° F for 10–15 minutes. Watch them closely, as they can easily burn.



Source: <https://www.healthline.com/nutrition/29-healthy-snacks-for-weight-loss#section6>

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607.770.1817

 **Call Now!**

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Spring 2020 Wii Bowling Tournament at Participating Senior Centers

Start practicing your Wii bowling skills in preparation for the Spring 2020 Wii Bowling Tournament! The tournament will begin on Monday March 16th, and end on Friday, April 10th at participating senior centers. Only \$1 to enter! Questions? Please speak with your local senior center's site supervisor or call Marissa at the Office for Aging at (607) 778-2411 for more information and to register.

Protecting Your Brain Health

Good overall health can help you maintain your brain health. These tips can help you stay active and healthier physically and mentally:

- Choose healthy foods whenever possible
- Drink enough fluid
- Limit your use of alcohol
- Don't smoke or use tobacco products
- Get enough sleep
- Make physical activity part of your routine
- Keep your mind active with learning, teaching, and volunteering
- Stay connected with loved ones, friends, and your community
- Manage chronic health problems like diabetes, high blood pressure, and high cholesterol

Source: NIH News in Health

Sudoku Answers

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

Eat Right with Salt-Free Seasoning Blends



Mixed Herb Blend: Mix together ¼ cup dried parsley, 2 tbsp. dried tarragon, 1 tbsp. each of dried oregano, dill, and celery flakes

Italian Blend: Mix together 2 tbsp. each of dried basil and dried marjoram, 1 tbsp. each of dried oregano and garlic powder, and 2 tsp. each of thyme, dried rosemary, and crushed red pepper.

Authored by Academy of Nutrition and Dietetics

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- | | | |
|-----------------|----------------------|------------------|
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Eat Right with SNAP Benefits



Stretch your monthly budget further by finding out if you qualify for Supplemental Nutrition Assistance Program (SNAP) benefits, previously known as food stamps. This program can help you purchase nutritious foods, which in turn helps keep you healthy and independent.

Once you qualify for SNAP, you will receive a benefit (EBT) card that you can use at most grocery stores and farmers' markets. **It is also important to know that you can use your EBT card towards meals at senior centers and for Meals on Wheels. Just ask senior center or Meals on Wheels staff, and they will help you use your EBT card.**

To determine eligibility and benefit amounts, SNAP compares medical and housing expenses with income before any deductions. An estimation of income eligibility is listed in the chart below. These income guidelines are specifically for those households in which older or disabled people reside.

Household Size	Monthly Income
1 person	≤ \$ 2,082
2 people	≤ \$ 2,818
+ each additional person	\$737

Even if your income exceeds the amounts listed in the chart above, you MAY still be eligible depending on your medical and housing costs. If you are not sure if you qualify, there is no harm in being pre-screened. Call the Broome County Office for Aging for more information at (607) 778-2411.

Time Warp!

What happened this month 60 years ago?

March 5, 1960—Elvis Presley is officially discharged from active duty with the U.S. Army.

March 13, 1960—The Chicago White Sox unveil new road uniforms with players' names above their numbers.

March 14, 1960—Philadelphia rookie Wilt Chamberlain sets the NBA Playoff record of 53 points in a single game.

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Before After

"I had my veins done with Dr. Dohner recently. It was so easy, no down time. I am a waitress and I took the next day off of work, but honestly I didn't even need to. The staff at New York Skin and Vein Center are incredible! I highly recommend going to see them."

-Julie S., Binghamton

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Dr. Eric Dohner

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Why is the 2020 Census Important?



Everyone Counts. The Census counts every person living in the U.S. once every ten years



Political Representation. The Census results are used to determine how many representatives each state has in Congress and are used to inform the redrawing of congressional district boundaries



It's Your Civic Duty. It is in the Constitution that everyone must be counted



Federal Funding. Census data is used to distribute \$675 billion in federal funds annually to states, counties, and local communities



Confidentiality. Federal law protects your Census responses. Your answers can only be used to produce statistics and cannot be shared or used to identify your or your household.



Answering the Census is the law, and it is important to our community. Please complete it accurately.

How is Census Data Used?



To determine funding for public services in our community



To determine where to build new infrastructure and community facilities



To determine where to open new companies, businesses, and stores



To write grant applications for community projects



To plan for emergency services

How & When do I Respond to the Census?

In March 2020, every household will receive an invitation to complete the Census, you can complete the questionnaire:



Online



By phone



By mail

Postcard reminders and a hard-copy questionnaire will be mailed throughout March and April. A Census taker will follow-up with non-responsive households.

Eat Right with Small-Batch Homemade Baked French Fries



Ingredients

- 1 large russet potato – scrubbed, rinsed, and dried
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 1/4 teaspoon Italian seasoning

Instructions

1. Heat oven to 400 degrees F.
2. Cut the potato into thick strips. You do this by first cutting the potato in half, then cut each half in half. Slice each half into 2-4 potato strips, depending on the size of your potato. Spread out in an even layer on a baking sheet.
3. Drizzle the olive oil over the potatoes.
4. Add salt, pepper and Italian seasoning and mix together with your hands.
5. Place the tray of potato strips into the oven and bake for 25 minutes.
6. Remove baking sheet from the oven, allow to cool a bit before handling and enjoy!



Source: <https://onedishkitchen.com/baked-french-fries/>



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AARP TAXAIDE PROGRAM OF BROOME COUNTY NY SITE LOCATIONS AND TIMES OF OPERATION February 4 to April 14, 2020



SENIOR CENTER SITES	ADDRESS	TIMES	FOR APPT. CALL:
First Ward Senior Center	226 Clinton St. Binghamton	10:00 AM – 2:00 PM Tues, Wed, Fri.	797-2307
Broome West Senior Center	2801 Wayne St. Endwell	10:00 AM – 2:00 PM Tues, Wed, Thurs.	785-1777
Whitney Point Senior Center	12 Strongs Place Whitney Point	10:00 AM – 2:00 PM CALL FOR DAYS	692-3405
Johnson City Senior Center	30 Brocton St. Johnson City	9:30 AM – 1:30 PM Tues, Wed, Thurs.	797-3145
OTHER SITES	ADDRESS	TIMES	FOR APPT. CALL:
Broome County Library	185 Court St. Binghamton	10:00 AM – 2:00 PM Mon, Tues, Wed, Thurs, Fri, Sat.	Call 211 OR 1-800-901-2180 8:30 AM – 4:00 PM Weekdays
Union Center Christian Church	950 Boswell Hill Rd. Endicott	3:00 PM – 7:00 PM Wed.	Call 754-8222 9:00 AM – 4:00 PM Mon. – Thurs.
WALK-IN SITES	ADDRESS	TIMES	NO APPT. NEEDED
George F. Johnson Library	1001 Park St. Endicott	10:00 AM – 2:00 PM Tues. & Thurs.	
Oakdale Mall Johnson City	Harry L. Drive, Johnson City Tax site is across from Arby's (in the old Chemung bank).	10:00 AM – 2:00 PM Tues, Wed, Thurs, Fri. (Closed Fridays starting March 20)	
Vestal United Methodist Church	328 Main St. Vestal	9:30 AM – 1:30 PM Mon, Tues, Thurs.	

IF LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS, TAXAIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED.



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- Highlights
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- Manicures



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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Cards, Billiards, Shuffleboard

M: Bingo 9:30 am, Quilting 9 am-12 pm; Hand & Foot Card Game, 11 am – 3 pm; Blood Pressure Monitoring, 11 am – 12:30 pm

T: Ping Pong 1-3 pm;

W: Bingo 9:30 am; Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 pm

Th: Wii Bowling, 9:30 am; Social Connections 1-2:30 pm;

F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am; Line Dancing, 10 am – 11:30 am; Ping Pong 1-3 pm

- 3/2 “Fabulous Flakes” w/Jim Baldwin, the Snowflake Man, 12:30 pm – 1:30 pm
- 3/3 Legal Aid Society: Appointments with a Lawyer (by appt only), 9:30 am – 11 am
- 3/4,5,6 Baked Potato Bar (*no reservation necessary*), 11:15 am – 12:30 pm
- 3/9 Breakfast Special: Cinnamon Crunch Coffee Cake, 10:30 am – 12:30 pm
- 3/10 “Beat the Winter Blues” Seasonal Affective Disorder Discussion, 10 am – 11 am
Downsize & Declutter Discussion, 3 pm – 4:30 pm
- 3/13 Binghamton University Nursing Students Visit, 9 am
- 3/17 St. Patrick’s Day Luncheon, 11:30 am
Performance by Johnston School of Irish Dance, 11:30 am
- 3/18 Caregiver Chat Group, 9:30 am – 11:30 am
- 3/19 Philly Cheesesteak Day
w/Marian Tewksbury & Bill Salvemini, 11 am – 12:30 pm
Telehealth Education Presentation
w/Binghamton University Students, 2 pm – 3 pm
- 3/23 Breakfast Special: Blueberry Pancakes, 10:30 am – 12:30 pm
“Shake the Winter Blues Away” Variety Show, 12:30 pm
- 3/24 “March into Fitness” Nutrition Ed. w/Cornell Coop. Extension, 10:30 am

DEPOSIT..... 467-3953

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

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities (call for info):

T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am

T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

Tuesdays: Craft Making, 10:30 am
Bingo, 1 pm; 3/3 Nickel; 3/10 Bag; 3/17 Quarter;
3/24 Nutrition; 3/31 Special Prizes

Thursdays: Chair Exercises, 11 – 11:30 am

- 3/17 Delaware Co. Office for Aging Presentation, 10:45 am
Blood Pressures w/Sandy, 11:30 am
Southern Tier Food Bank at the Deposit Fire Station, 11:30 am
St. Patrick’s Day Luncheon, 11:45 am
St. Patrick’s Day Trivia & Dance Party, 12 pm – 1:30 pm

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

EASTERN BROOME continued

Breakfast: Tues, 8 - 9:30 am

Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Billiards

M: Wii Practice/Play 9-11 am, Shuffleboard 10 am

W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Shuffleboard 9:15 am

Special Activities

Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)

Thursdays: Golden Griddle Special: *Grilled Hot Dog w/Toppings & Baked Beans*

- 3/3 Chop & Chat (*must register*), 9:45 am – 10:45 am
- 3/4,6 Potato Bar (*no reservation necessary*), 11:15 am – 12:30 pm
- 3/5 Daytime Bingo for Prizes, 11:45 am – 1 pm
- 3/6 Guitar Music & Sing-A-Long with Ray Cuadra, 12:15 pm
- 3/12 Evening Dining (*Meat Lasagna & Éclair*)
w/Photographer Rick Marsi, 4 pm
- 3/17 Chop & Chat (*must register*), 9:45 am – 10:45 am
St. Patrick’s Day Luncheon, 12 pm
Irish Music and Singing by Pianist Marian Wagner, 12:15 pm
- 3/19 Daytime Bingo for Prizes, 11:45 am – 1 pm
- 3/23 “Cabin Fever” Day w/ Billiards, Shuffleboard, Board Games,
9 am – 2:30 pm
Dish-to-Pass Luncheon (*no reservation necessary*), 12 pm
- 3/25 Legal Aid Society: Appointments with a Lawyer (*by appt only*),
9 am – 12 pm
Baked Potato Bar (*no reservation necessary*),
11:30 am – 12:30 pm
- 3/26 Daytime Bingo for Prizes, 11:45 am – 1 pm
- 3/30 Horse Racing Game w/Bonnie Hill, 10 am

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:00 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Hold'em 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30

W: Ceramics 9:00 am; Chorus 9:30 am

Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

- 3/4 Social Club, 1 pm
- 3/9 Music by Scarlet Bonnets, 12:30 pm
- 3/9 Chop & Chat (*must register*), 1:30 pm
- 3/11 Legal Aid Society: Appointments with a Lawyer (*by appt only*), 9 am
Evening Dining (*Pub Burger OR Fish Sandwich & Banana Cream Pie*), 5 pm
- 3/12,13 AARP SmartDriver Course (*must register; attend both classes*),
9 am – 12:15 pm
- 3/16 Breakfast for Lunch: Skillet O’Brien Casserole, 10:30 am – 12 pm
- 3/17 St. Patrick’s Day Luncheon, 11:45 am
Performance by Johnston School of Irish Dance, 1 pm
- 3/18 Popcorn & a Movie: *Lincoln*, 1 pm

FIRST WARD continued

- 3/19 Philly Cheesesteak Day (*no reservation necessary*), 11:45 am
Music by Orange Blossom Special, 12:15 pm
- 3/23 Chop & Chat (*must register*), 1:30 pm
- 3/24 Pasta Dinner Fundraiser w/Bingo, Music, Raffles, 3 pm – 6 pm
- 3/26 Craft Class, 1 pm

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm

Lunch served at 11:45 call 797-1149

Hot Lunch (Reservations): M/W/Th/F

Walk-Ins Welcome:

Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm

Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4

- M:** Watercolor Painting 9 am; Knit/Crochet 11:30am;
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
- T:** Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
- W:** Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
Writers' Workshop 1 pm; Mahjong 1 pm
- Th:** Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
Group Meditation 1:30 – 2:30 pm
- F:** Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm

Special Activities:

Wednesdays: Technology Assistance w/Binghamton University Students, 11 am – 12:30 pm

- 3/4,5 Baked Potato Bar (no reservation necessary), 11:45 am
Book Club: *Lady Clementine* by Marie Benedict, 3 pm – 4 pm
- 3/9 Chop & Chat (*must register*), 10:30 am – 11:30 am
- 3/10 "March into Fitness" Nutrition Ed. w/Cornell Coop. Extension, 11:30 am
- 3/12 Binghamton University Nursing Students Visit, 9:30 am – 11:30 am
- 3/17 St. Patrick's Day Luncheon, 11:45 am
Performance by Johnston School of Irish Dance, 12:15 pm
Cooking Demo by Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm
- 3/17,19 AARP SmartDriver Course (*must register; attend both classes*), 1 pm – 4:15 pm
- 3/18 Blood Pressure & Glucose Checks, 10 am – 12 pm
- 3/19 Legal Aid Society: Appointments with a Lawyer (*by appt. only*), 9 am – 12 pm
Telehealth Education Presentation
w/Binghamton University Students, 2 pm – 3 pm
- 3/23 Chop & Chat (*must register*), 10:30 am – 11:30 am
- 3/25 Haircuts for Men & Women by Debbie Roberts (*by appt only*), 10 am – 11:30 am
- 3/30 2020 Census Assistance, 10:45 am – 1 pm

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon

Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm

Breakfast for Lunch: Thurs 10-12:30 pm

Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4

- M:** Tai Chi 9:15 am; Horse Racing (1st/3rd) 10:30 am;
Bingo 10:30 am; Adult Coloring Class 12-2pm
- T:** Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class 10 am-3 pm; Bridge Card Group 12 pm
- W:** Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
Knitting 1 pm
- Th:** Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure Testing (1st/3rd) 11 am
- F:** Tai Chi 9:15 am; Bingo, 10:30 am

Special Activities:

- 3/2 Horse Racing Game, 10:30 am
- 3/4 Baked Potato Bar (*no reservation necessary*), 11:15 am – 12:30 pm
- 3/6 Quilt Show, 11:30 am
- 3/9 Chop & Chat (*must register*), 1:30 pm
- 3/10 Evening Dining (*Macaroni and Cheese & Éclair*)
w/Mike Burrell, 4:30 pm
- 3/16 Horse Racing Game, 10:30 am

NORTHERN BROOME continued

- 3/17 St. Patrick's Day Luncheon w/music by Orange Blossom Special, 11 am
- 3/18 Visit from Michelle Roberts & Scott Sasina of WBNG 12 News, 1 pm
- 3/19 Telehealth Education Presentation
w/Binghamton University Students, 2 pm – 3 pm
- 3/23 Chop & Chat (*must register*), 1:30 pm
- 3/23,24 AARP SmartDriver Course (*must register; attend both classes*), 10 am – 1:30 pm
- 3/24 Evening Dining (*Chicken Salad Croissant & Boston Cream Pie*)
w/Bingo, 4:30 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901

Center Hours: Mon - Fri 10:00am - 2:00pm

Lunch served at Noon

Weekly Activities:

Daily: Coffee 8 - 11 am, Games and Cards

M: Bingo 10 - 11:30 am

T: Wii Bowling 10 - 11:30 am

W: Dice & Card Games 10 - 11:30 am

Th: Dice & Card Games 10 - 11:30 am

F: Wii Bowling 10 - 11:30 am

Special Activities:

Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on 10th Floor, 9–11 am

- 3/2 Share your Favorite Books for Read Across America Day
- 3/10 Chop & Chat (*must register*), 10:15 am
- 3/12 Snack for Popcorn Lovers Day, 10:30 am
- 3/17 St. Patrick's Day Games with Prizes, 10:15 am
St. Patrick's Day Luncheon, 12 pm
- 3/19 2020 Census Assistance, 11 am – 1 pm
- 3/23 Snack for National Chips & Dip Day, 10:30 am
- 3/24 Chop & Chat (*must register*), 10:15 am
- 3/27 Pizza & Salad for Lunch (*must reserve*), 12 pm
- 3/30 Bingo & Donuts, 10 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY

Center Hours: Mon - Fri, 9:00am - 2:00pm

Lunch served at 11:45am

Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Coffee Klatch, Cards, Games

M: Walking Group 8 am

T: Pinochle 9:30 am

W: Walking Group 8 am; Crochet/Knitting 9:30 am;

Bridge Group 9:30 am; Computer Instruction 10 am;

Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm

F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

- 3/2 Chop & Chat (*must register*), 10:30 am
King High Card Game, 12 pm
- 3/4,6 Baked Potato Bar (*no reservation necessary*), 11:30 am – 12 pm
- 3/5 Bingo, 10:15 am
- 3/6 Vestal Senior Club Trip Signup Day: Hotel Anthracite, 9:30 am – 11:30 am
- 3/9 Breakfast for Lunch: St. Patrick's Day Pancakes, 11:30 am – 12 pm
- 3/11 Binghamton University Nursing Students Visit, 9 am – 1 pm
- 3/17 Performance by Johnston School of Irish Dance, 10:45 am
St. Patrick's Day Luncheon, 11:30 am
- 3/18 "March into Fitness" Nutrition Ed. w/Cornell Coop. Extension, 10:30 am
- 3/19 Bingo, 10:15 am
Philly Cheesesteak Day (*no reservation necessary*), 11:30 am
Left Right Center Dice Game, 12 pm
- 3/20 Pizza OR Chef Salad for Lunch (*please reserve*), 11:30 am
Bunko Dice Game, 12 pm
- 3/24 Bake Sale, 9:30 am
Vestal Senior Club meeting, 12:30 pm
- 3/25 "Safari through Africa" Photography presentation w/Rick Marsi, 10:30 am
- 3/26 "Welcome, Spring" Tea, 10 am

MEET, GREET & EAT

March Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Meatball Sub 2 Minestrone Soup Diced Peaches Snickerdoodle Cookie	Macaroni & Cheese 3 Peas Stewed Tomatoes Frosted Banana Cake	Roast Pork OR Herb Chicken Thigh 4 Bread Dressing Green Beans Cinnamon Apple Slices	Chili over Brown Rice 5 Broccoli Florets Chocolate Mousse w/ Whipped Topping	Chinese Pepper Steak OR Lemon Pepper Pollack 6 Mashed Potatoes Sonoma Blend Vegetable Mandarin Oranges
Stuffed Pepper Casserole 9 Baby Carrots Three Bean Salad Fruit Cocktail	Pub Burger OR Tuna Salad Sandwich 10 Cream of Broccoli Soup Strawberry Mousse w/Whipped Topping	Roast Turkey Mashed Potatoes 11 Monte Carlo Vegetables Pumpkin Crisp	Ham Loaf OR Chicken Thigh w/Honey Mustard Sc 12 Brown Rice Pilaf Peas w/Pearl Onions Pineapple Tidbits	Broiled Fish w/Lemon OR Meatloaf 13 Scalloped Potatoes Green Beans w/Mushrooms Lemon Poppysed Muffin
Chicken a la King Over a Biscuit 16 Green Beans Diced Peaches	St. Patrick's Day Luncheon! Spinach Parm Pollack OR Corned Beef 17 Baby Red Potatoes Sautéed Cabbage & Carrots Vanilla Cake w/Shamrock Mint Frosting	Kielbasa w/Onions OR Halupki 18 Mashed Potatoes Peas & Carrots Banana	Rotisserie Chicken 19 Baked Potato Corn Orange Cranberry Bar	Beef Stroganoff OR Citrus Rubbed Pollack 20 Brown Rice Beets Vanilla Pudding w/Cherries
Ziti Parmesan 23 Italian Blend Vegetables Mandarin Oranges Double Chocolate Cookie	Salmon Patty w/Dill Sc OR Cilantro Lime Chicken Thigh 24 Brown Rice Pilaf Green Beans Fruit Cocktail	Chicken Salad Sandwich 25 Tomato Bisque Soup Ambrosia Carrot Raisin Bar	Chicken Thigh Marengo OR Liver w/Onions 26 Mashed Potatoes Spinach Butterscotch Pudding	Herb Rubbed Pollack OR Salisbury Steak 27 Seasoned Quinoa Baby Carrots Cinnamon Apple Slices
Cheesy Sausage Pasta Bake 30 Broccoli Florets Fruit Cocktail Sugar Cookie	Halupki OR Breaded Chicken Parmesan 31 Mashed Potatoes Italian Green Beans Frosted Vanilla Cake	Beef Burgundy 4/1 Buttered Noodles Caesar Salad Diced Peaches	Hot Dog Day! Hot Dog w/Fixings OR Chicken Thigh w/BBQ Sc. 4/2 Corn Potato Salad Root Beer Float	Roast Turkey OR Broiled Fish w/Lemon 4/3 Mashed Potatoes Peas Honey Bran Muffin

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

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It's Back! Baked Potato Bar!

Starting March 4th, around 11:15 am at Participating Senior Centers



Enjoy a delicious baked potato with all your favorite fixings to select from. Warm up from the winter chill by topping your potato with hearty chili, bacon and shredded cheese, or “think spring” with fresh steamed broccoli and a dollop of sour cream. Also included is homemade soup, crispy tortilla chips, dessert and a beverage.

Participating centers are: Northern Broome (3/4), Broome West (3/4-6), Johnson City (3/4 & 5), Vestal & Eastern Broome (3/4 & 6). No reservations are needed, so walk-ins are welcome!

There is a suggested contribution for lunch of \$3.50 for those age 60+ and spouse of any age, and a charge of \$4.50 for all others. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.



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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