Mary E. Turbush, Director | Jason T. Garnar, Broome County Executive | Volume 56 Number 12 | December 2026

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior



Happy Holidays from your team at the Broome County Office for Aging!
We look forward to another year of serving our community.

Special Luncheons to Celebrate the Holidays

Andy Williams sang in 1963,
"It's the most wonderful time of the year!"

So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season. Listed below are details about upcoming festivities at participating senior centers.

Holiday Luncheon • Wednesday, December 9th
(Thursday, December 10th in Deposit)
Enjoy a festive luncheon of chicken cordon bleu or beer battered fish, sides and a decadent red velvet pie cup for dessert.

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of $5. All others may dine for a charge of $6.

New Year's Eve Luncheon • Thursday, December 31st
Join us as we ring in the New Year! The luncheon menu includes chicken and waffles, sides, and a tiramisu pie cup for dessert.

Guests age 60+ and spouse of any age may dine on New Year's Eve for a voluntary, suggested contribution of $4. All others may dine for a charge of $5.

In addition to the special lunches, centers will feature festivities throughout the day. Contact the center you wish to attend for more information on how they are celebrating!

For both luncheons, be sure to make your lunch reservations by 12pm one day in advance. Phone numbers and center specifics can be found in the "Look What's Happening at the Centers" section on the back pages of this issue.

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

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

Join us on Facebook

facebook.com/
BroomeCountyOfficeForAging/

Health and Wellness



Motivation with MaryJane

Finding Joy in the Quiet Season

As the days grow shorter and the crisp autumn air shifts into true winter, it is entirely natural to feel the pull to slow down and stay indoors. While the colder months bring cozy evenings and festive holidays, they can also sometimes bring a sense of isolation or the winter blues as sunlight becomes scarce.

Instead of letting the darker days bring your energy down, consider this season an opportunity to lean into the quiet beauty of winter. Shifting our perspective allows us to appreciate the peaceful, grounding rhythm of the season while keeping our spirits bright.

Staying connected and active is the best way to thrive through the winter months. Take advantage of indoor activities right in your community, whether that means joining a fitness class, attending a social group, or dropping by your local senior center for a friendly chat over a cup of coffee. Warmth, laughter, and great company are some of the best remedies for a chilly day.

Remember, every season has its own unique gifts. By keeping your mind engaged, your body gently moving, and your social calendar filled with connection, you can embrace the winter glow with joy and resilience!

Understanding Added Sugar and Making Healthier Choices

Better choices lead to a healthier YOU!

Join Office for Aging staff for an informative discussion and a healthy treat!

During these sessions, you will:

- Gain awareness and control over your sugar intake to benefit your overall health
- Review healthier choices and learn tips on how to avoid added sugar consumption
- Understand why it is so important to keep track of your sugar intake

Upcoming sessions:

First Ward Senior Center
Wednesday, December 2nd at 11:15AM

Eastern Broome Senior Center
Thursday, December 3rd at 12:15PM

Deposit Senior Center
Thursday, December 3rd at 12:30PM

Chenango Bridge Senior Center
Friday, December 4th at 12PM

Broome County Office for Aging

WEEKLY ACTIVITIES

Beginner Gentle Yoga

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

Monday	9:30AM	Johnson City Senior Center ($3)
Friday	10AM	Johnson City Senior Center ($3)

Bonesaver Class

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

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

Chair Dancing

Fun and safe dance workouts from the comfort of a chair.

Monday	1PM	Northern Broome Senior Center
Friday	1:30PM	Chenango Bridge Senior Center

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

Chair Yoga

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

Monday	11AM	First Ward Senior Center (Binghamton)

Line Dancing

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

Monday	10:45AM	Johnson City Senior Center ($3)
Monday	1PM	(Beginners) First Ward Senior Center (Binghamton)
Monday	2PM	(Intermediate) First Ward Senior Center (Binghamton)

Low-Impact Aerobics

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

Thursday	10AM	Johnson City Senior Center ($3)

Tai Chi

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

Thursday	1PM	Johnson City Senior Center ($3)
Friday	9:30AM	Eastern Broome Sr. Center (Harpursville)

Vivo Exercise Class

Fun and safe workouts that focus on strength, balance, and mobility.

Wednesday	1PM	Chenango Bridge Senior Center
Friday	10AM	Vestal Senior Center

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)

***Complete addresses and phone numbers for all Senior Centers located on pages 3 & 4.**

LOOK WHAT'S HAPPENING AT THE CENTERS!

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

SENIOR CENTER CLOSINGS:
Friday, December 25th for Christmas Day

Broome West Senior Center

Site Supervisor - Deanna
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
12/2, 7, 11, & 14 Navigating Vision Loss series by Association for Vision Rehabilitation and Employment 10:30AM
12/3 & 4 AARP Safe Driving Class 9:30 – 12:30PM Call to sign up.
12/4 Kick off the Holidays with Marian Tewksbury and Lorraine Bates 11AM
12/8 Frauds, Scams, and Ways to Protect Yourself presentation by Broome County Clerk's Office 11AM
12/8 Chop & Chat 1PM Call to sign up.
12/9 Holiday Luncheon 11AM with Entertainment by Gene Civic. Wear your holiday attire and ugly sweaters!
12/9 Broome West Caregiver Chat 1 – 2:30PM
12/9 Discover Live: Mexico City, Mexico 1:30PM
12/16 Birthday & Anniversary Celebration with Jim Lamb (October, November, & December) 11AM
12/16 Discover Live: London, England 12:30PM
12/17 Maine Endwell Jazz Band 11AM
12/21 Broome West Snowball & PJ Party with Johnny Only 11AM
12/21 Discover Live: Prague, Czech Republic 1:30PM
12/22 Discover Live: Krakow, Poland 10:30AM
12/29 Bright & Beautiful Therapy Dogs 12:30PM
12/31 New Years Eve Luncheon with Entertainment by Ralph Muro 11AM Countdown at 12PM

Chenango Bridge Senior Center

Site Supervisor – Interim Terry & Tyra
740 River Road, Binghamton, NY 13901
Located in the First United Methodist Church of Chenango Bridge
Center Hours: Mondays, Wednesdays, and Fridays, 9 – 2PM
Lunch is served around 11:30AM
607-663-0406

Weekly Activities

Monday: Gulf & King Corner Games Available All Day
Wednesday: Hand & Foot Card Game 9AM; Bonebuilders 10 – 11AM; Mahjong 12:30PM (Cancelled 12/30); Vivo Exercise 1PM
Friday: Pinochle 9AM (Cancelled 12/18); Bonebuilders 10 – 11AM; Chair Dancing 1:30PM

Special Activities
12/4 & 21 Horse Racing Game 10:30AM
12/4 Understanding Added Sugar presentation by Office for Aging 12PM
12/7 Stop the Steal presentation on Fraud and Spam by Broome County Clerk's Office 12PM
12/9 Holiday Luncheon 11:30AM
12/9 Neurocognitive Communication Screenings by Binghamton University 10 – 2PM Call 607-777-4664 to register.
12/11 Bingo 10:30AM
12/11, 21, & 28 Crafty Creations 12PM
12/14 Chop & Chat 10:30AM Call to sign up.
12/18 Fabulous Flakes with Jim Baldwin 10 – 11AM
12/23 Yankee Trade 10:30AM
12/30 NYE Celebration – Lunch 11:30AM Entertainment by Forever Young 12:30 – 1:30PM

Lunch reservations can be made by calling the center Monday, Wednesday or Friday during center hours. Reservations are due at least one day in advance by 1PM.

Deposit Senior Center

Site Supervisor - Mary
14 Monument Street, Deposit, NY 13754
Located in Christ Episcopal Church
Center Hours: Tuesday & Thursday, 10 – 2PM
Lunch is served at 12:30PM
607-467-3953

Weekly Activities

Tuesday: BINGO 1 - 2PM
Thursday: Wii Games 10:30 – 12:30PM

Special Activities
12/1, 8, 15, 22 & 29 Balance/Strength for Seniors 11 – 11:30AM
12/3 Understanding Added Sugar presentation by Office for Aging 12:30PM
12/10 Holiday Luncheon 12:30PM
12/17 Discover Live: Heidelberg, Germany 10AM

Eastern Broome Senior Center

Site Supervisor - Tessa
27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2PM
Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM
Lunch is served at 12PM
Breakfast Made-To-Order: Tuesdays, 9 – 10:30AM
607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Pinochle 9:30AM
Tuesday: Breakfast to Order 8 - 9:30AM; Mobile DMV 9 - 1PM (Closed 11:30 - 12PM), Music JAM 10AM
Wednesday: Crafters Group 9 - 11AM; Billiards 10 – 12PM
Thursday: Acrylic Painting Group 9 - 11AM; Bingo for Prizes 10 - 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30 – 10:30AM
Monday-Friday: We offer cards, dominoes, a variety of boardgames, and the Wii.

Special Activities
12/2 Planning Team Meeting 10:45AM
12/3 Understanding Added Sugar presentation by Office for Aging 12:15PM
12/4 Burger Bar 11:30AM
12/8 Holiday Themed Diamond Dots with Kathy R. 10AM
12/9 Holiday Luncheon at 12PM followed by Entertainment by Bits n Pieces 12:30 - 1:30 PM
12/15 Holiday Breakfast 8- 9:30AM
12/16 Chop & Chat 9:30 - 10:30AM Call to sign up.
12/16 Yankee Trade 10:30 - 11:30AM
12/17 Golden Griddle (Breakfast) 12PM
12/21 Discover Live: Holiday in Prague, Czech Republic 1:30PM
12/31 New Year's Luncheon 12PM

First Ward Senior Center

Site Supervisor - Jessica
226 Clinton Street, Binghamton, NY 13905
Center Hours: Monday - Friday 8:30 - 3:30PM
Lunch is served at 11:45AM
Center: **607-797-2307**
Meal reservations: **607-729-6214**

Weekly Activities

Monday: Zumba 9:30AM ($3); Bonesavers 10AM; Chair Yoga 11AM ($5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM; Beginners Line Dancing 1PM; Intermediate Line Dancing 2PM
Tuesday: Knitting & Crocheting 9AM; Discussion Group 10:30AM; Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramic 9AM; Bonesavers 10AM; Chorus 9AM (when in session; call for details)
Thursday: Stitch and Stuff 9AM; Stress-Free Coloring Group 10:30AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities
12/1 Chop & Chat - Spaghetti w/ Chickpeas and Veggies 1PM Call to sign up.
12/2 Understanding Added Sugar presentation by Office for Aging 11:15AM
12/3 Executive Board Meeting 9:30AM
12/3 Grill Day - Chili w/ Loaded Baked Potato and entertainment by KandL 11:30AM
12/8 Neighborhood Watch Meeting 6PM
12/9 Holiday Luncheon w/ Music by Nino Samiani 11:30AM
12/10 Legal Aid 9 - 11:30AM Call for an appointment.
12/11 Film Friday: "The Santa Clause" 1PM Free popcorn, soda for sale
12/14 Breakfast for Lunch - Waffles w/ Strawberry Topping (no takeout available) w/ Music by Greg Neff 10:45AM
12/15 Chop & Chat - Turkey Veggie Rice Pot 1PM Call to sign up.
12/16 Holiday Lunchtime Trivia 12PM
12/23 Holiday Chorus Concert 1PM
12/25 – 1/1 Center Closed

Johnson City Senior Center

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

Weekly Activities

Monday: Bingo Board Sales 12:30 – 1:30PM; Games Played 1:30 – 4:30PM; Guitar Group 9 – 12PM ($2); Watercolor Painting 9:30 – 11:30AM ($3); Gentle Yoga 9:30 – 10:30AM ($3); Line Dancing 10:45 – 11:45AM ($3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Tuesday: Guitar Group 9 – 12PM ($2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM ($3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Abs & Core Chair Exercises 1:15 – 1:45PM (no fee)
Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1 – 3PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Thursday: Guitar Group 9 – 12PM ($2); Oil Painting & Drawing 10 – 1PM ($3); Low-Impact Aerobics 10 – 11AM ($3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM ($3); Euchre (card game) 1 – 3:30PM; Canasta 1 – 3PM
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
12/2 Book Club (Prep by Curtis Sittenfeld) 3 – 4PM
12/4, 11, & 18 Poetry Group 12:30 – 2PM
12/7, 14, 21, & 28 Greater Good Grocery Bus 11 – 12PM
12/8 Chop & Chat (Faith in Action) 11 – 12PM (Sign up by 12/1)
12/8 & 22 Widow & Widowers Support Group 10 – 11:30AM
12/8 Financial Q&A: Ask Me Anything with retired investment advisor, Carol Gallagher 11:45 – 12:45PM
12/9 Holiday Luncheon 11:45AM
12/9 Discover Live: Mexico City, Mexico 1:30PM
12/10 Holiday Performance with the JCSC Harmony Group 12:30 – 1PM
12/11 JCSC Art Show 10 – 1PM Free and open to the public
12/11 Avoiding Deed Fraud and DMV Scams presentation by Broome County Clerk's Office 11 – 11:30AM
12/16 Discover Live: London, England 12:30PM
12/16 LGBTQ+ Senior Social Group 3 – 4PM
12/16 Alzheimer's Association – Caregiver Support Group 4 – 5:30PM Registration and pre-screening required; call ALZ at 315-472-4201 x227.
12/17 Legal Aid 9 – 12PM Call for an appointment.
12/17 Rick Marsi presentation on "Wandering Through Winter" 12:30 – 1:30PM
12/20 Southern Tier Orchid Society 1:30 – 2:PM Social Time; 2 – 4PM Meeting/Holiday Party
12/23 Haircuts 10 – 11:30AM Call for an appointment.
12/24 Closing at 2PM for Christmas Eve
12/31 New Year's Eve Luncheon 11:45AM

Northern Broome Senior Center

Site Supervisor - Heather
12 Strongs Place, Whitney Point, NY 13862
Center Hours: Monday - Friday, 9 – 3PM
Senior Center Store: Monday – Friday, 9 – 3PM
Lunch is served at 12PM
607-692-3405

Weekly Activities

Monday: Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM; Chair Dancing 1PM
Tuesday: Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM
Wednesday: Sewing 9:30AM; Shuffleboard 10AM
Thursday: Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 – 11AM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:
12/1 Golden Agers 12:30PM
12/7 Craft - Light Up Candy Cane Pole 12:30PM
12/8 Discover Live: Oslo, Norway 11AM
12/9 Holiday Luncheon with David Paul on Accordion 12PM
12/10 Breakfast 10AM (Retired Teachers 9:30AM)
12/16 Discover Live: London, England with National Chocolate Day treats!12:30PM
12/18 Holiday Gift Exchange 12:15PM
12/28 Green Bag Guessing Game 12:15PM
12/31 New Year's Eve Luncheon 12PM

Vestal Senior Center

Site Supervisor - Jennifer
201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday - Friday, 9 – 1:45PM
Lunch served at 11:15AM
607-754-9596

Weekly Activities

Monday: Hand & Foot Card Game 9AM; Mahjong 12PM
Tuesday: Pinochle 9AM
Wednesday: Knitters Group 9:30AM; Bridge 12PM; Oil Painting 1PM
Thursday: Card Group 9 – 11AM; Bingo 9:45AM
Friday: Vivo Exercise Class 10AM

Special Activities
12/2 & 16 Vestal Library Tech Help 10:15AM
12/7 Chop & Chat 10AM Call to sign up.
12/7 King High Card Game 12PM
12/9 Holiday Luncheon 11AM Johnny Only performing 12PM
12/14 Breakfast for Lunch – Blueberry Pancakes 11AM
12/16 Loaded Hot Dog Bar & Root Beer Floats 11AM Dine in only.
12/17 Discover Live: Heidelberg, Germany 10AM
12/30 December Birthday Celebrations 12PM
12/31 New Years Luncheon 11AM

Scam Protection

Holiday Housing Scam

Did you know that anyone can be a victim of a scam? There are many common scams that affect older adults such as tech support scams, grandparent scams, Medicare scams, and romance scams. With the winter and holiday season fast approaching, there are many opportunities to help others and sometimes the desire to help leads to being scammed. What happens if you invite family, friends or strangers to stay with you for a few days and they don't leave?

You may wonder how this situation could happen. Perhaps an adult family member must leave his or her home and asks to stay with you for a few weeks just to get back on their feet. You agree to a few weeks, and that few weeks becomes three months and the family member is not looking for a job or contributing in any way. Now you are in a situation where your family members are taking advantage of you and you don't know how to stop them.

You may meet someone you don't know, who asks you for help. Perhaps they ask if you have any odd jobs that they can do to earn money or in exchange for a place to stay just until they can get back on their feet. You agree to let them stay with you because you are concerned that the person has no place to sleep and you could use some help. You realize that the person has substance abuse problems after he or she has moved in. The person is also verbally abusing you and threatening to physically harm you or someone you love.

While these scenarios have some differences, they highlight how difficult it can be to make someone leave your home, especially when the person has stayed with you longer than 30 days.

So, what should you do?

The best way to prevent becoming a scam victim is awareness. If you are considering inviting someone to stay with you, even for a few days, take steps to protect yourself.

While laws vary by state, in New York, an occupant who has stayed in your home for less than 30 days generally does not have full tenant protections under the Housing Stability and Tenant Protection Act, which means they do not automatically require a formal, months long court eviction proceeding. However, handling this improperly can still put you at legal risk.
Consult with legal services to make sure that you understand your rights and responsibilities.

There are local resources available to assist someone who is unhoused and in New York, all shelters operate under Code Blue during the winter months. The Department of Social Services is legally required to provide shelter during Code Blue.

As with any other emergency, you should contact 911 if you feel physically unsafe. Your physical safety takes absolute priority over landlord-tenant law or eviction procedures.

The Legal Helpline: 1-877-777-6152

The Binghamton Attorney General's Office: 607-251-2770

Broome County Social Services 607-778-1100
After hours housing emergency 607-778-3885.

Broome County Sheriff's Office: for immediate reporting of a crime, call their non-emergency dispatch at 607-778-1911, option 1.

For more information about scams or to report a scam you can contact the Broome County Office for Aging at 607-778-2411.

Special Events at the Centers

Broome West Senior Center
Friday, December 4th at 11AM
Kickoff to the Holiday Season

A kickoff to the holiday season! Marion Tewksbury and Lorraine Bates will be here for entertainment.

Chenango Bridge Senior Center
Friday, December 18th from 10 – 11AM
Fabulous Flakes

Come watch Jim Baldwin make beautiful snowflakes!

Deposit
Every Tuesday 1 – 2PM
Bingo!

Eastern Broome
Wednesday, December 16th at 10:30AM
Yankee Trade

Come join us for some fun!

First Ward
Wednesday, December 23rd at 1PM
Holiday Chorus Concert

Join us for our annual holiday concert!

Johnson City
Friday, December 11th from 10 – 1PM
JCSC Art Show

Celebrate creativity and discover a one-of-a-kind holiday gift! Explore artwork from our three art classes, with select pieces available to purchase and take home right away. Come enjoy the art and share in the fun! Free and open to the public. Refreshments available.

Northern Broome
Monday, December 7th at 12:30PM
Craft Day!
Light Up Candy Cane Pole

Call 607-692-3405 for more information.

Vestal
Wednesday, December 16th at 11AM
Loaded Hot Dog Bar & Root Beer Floats

Come enjoy a hotdog with all your favorite fixing and a cool root beer float to follow. Dine in only.

Downsize & Declutter Discussion with Joan

'Tis the season for taking family photos! But when snapping picture after picture leads to dozens of duplicate shots, photo clutter can quickly build up. Do yourself a favor: take a little time to select the best photos and discard the rest.

Learn more on Tuesday, December 8th at 3PM at the Broome West Senior Center or on Zoom.

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



Mark Your Calendar!
Upcoming Community Events

Local Library Book Sales
George F. Johnson Memorial Library
1001 Park Street, Endicott
Friday, December 4th 10 – 4PM
Saturday, December 12th 10 – 2PM
Friday, December 18th 10 – 4PM
Cash only. For more information, please visit
https://www.gfjlibrary.org/friends/

Broome County Public Library
185 Court Street, Binghamton
Friday, December 11th 10 – 2PMW
Saturday, December 12th 10 – 1PM
For more information, please visit
https://www.thebcpl.org/events/upcoming

Vestal Public Library
320 Vestal Parkway East, Vestal
Thursday, December 10th 10 – 6PM
Friday, December 11th 10 – 5PM
Saturday, December 12th 11 – 4PM
For more information, please visit
https://www.vestalpubliclibrary.org/book-sales

First Friday Art Walk
Downtown Binghamton
Friday, December 4th 6 – 9PM
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.
Check out the website for events:
https://broomearts.org/in-the-community/first-friday/

Broome County Regional Farmers Market
840 Front Street, Binghamton
Saturdays, 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/ artisans, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

Home for the Holidays at Roberson Museum
30 Front Street, Binghamton
November 20th - January 8th
Saturday-Wednesday 11 – 5PM; Thursday–Friday 11 – 9PM

Home for the Holidays features over a hundred elaborately decorated trees, dazzling Holiday displays, and the International Forest–a collection of adorned trees and displays that represent the holiday traditions of cultures from around the world. Experience all of Roberson's exhibitions in art, history, and science (including a show in the area's only Planetarium) for just $4 on the first Friday of every month!

Johnson City Holiday Village and Parade
46 Willow Street, Johnson City
Thursday, December 3rd, Holiday Village 5PM; Parade 7PM

Join us for Johnson City's outdoor Holiday Village! Enjoy local vendors, food, free hot cocoa, and free Santa photos at the Schorr Family Firehouse Stage, followed by the annual Holiday Parade!

A Christmas Carol
Cider Mill Stage
10 Nanticoke Ave, Endicott
Thursday, December 10th 7:30PM
(Sensory-Friendly Performance)
Friday, December 11th – Sunday, December 20th

Adult Ticket - $30 (includes fees)
Child Ticket - $25 (12 and under, includes fees)
Celebrate the season with a beloved Southern Tier tradition. Written especially for the Cider Mill Stage, this timeless adaptation returns for its 47th year.
For times and tickets, please visit
http://cidermillstage.thundertix.com/events/270196

SUDOKU

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

ANSWERS ON P. 15

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

TECHNOLOGY CORNER

TECHNOLOGY Q&A

Q: "How do I delete voicemails?"

Clearing out unneeded voicemails does more than just tidy up your inbox, it directly prevents your mailbox or device storage from hitting capacity and missing urgent future messages.

Here is how to delete voicemails in just a few quick steps:

Deleting Voicemails on iPhone (iOS)

- **Single Voicemail:** Open the **Phone** app, tap **Voicemail**, swipe left on the message, and tap **Delete**.
- **Multiple Voicemails:** Tap **Edit** in the top-right corner, select the voicemails you want to remove, and tap **Delete** in the bottom-right corner.
- **Permanent Removal:** Swiping a voicemail moves it to **Deleted Messages** at the bottom of your voicemail list. Tap **Deleted Messages** and select **Clear All** to erase them permanently and free up storage.

Deleting Voicemails on Android

- Visual Voicemail App: Open your phone's Visual Voicemail app (or the Phone app's Voicemail tab), select the message, and tap the **Trash/Delete** icon.
- **Carrier Call-In Method:** Press and hold 1 on your dial pad to call your voicemail box. Follow the voice prompts (typically pressing **7 or 9**, depending on your carrier) to delete messages after listening.
- **Clear Storage (Alternative):** If your voicemail app is lagging or full, go to **Settings > Apps > Phone/ Voicemail > Storage**, then tap **Clear Data** to refresh the app interface.

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

Vestal Public Library comes to the
Vestal Senior Center
Wednesday, December 2nd & 16th 10:15AM

CLASSES AT LOCAL LIBRARIES:

Personalized Tech Assistance
from the George F. Johnson Memorial Library
Every Tuesday and Thursday 2 – 4PM
1001 Park Street
Endicott, NY

Receive one-on-one technology support tailored to your needs. Whether you want to learn how to use a smartphone, tablet, computer, or navigate the internet, our knowledgeable staff is here to help. Drop in during scheduled hours for friendly, patient guidance in a welcoming environment. Call the library at 607-757-5350 to register.

Basic Computer Classes
through the Broome County Library
Every Wednesday 10 – 12PM
185 Court Street
Binghamton, NY

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

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

Contact us at **607-778-6406** 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 available! Call the Library for details at **607-693-1858**

LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be
December 16th from 3 – 4PM at the
Johnson City Senior Center
30 Brocton Street, Johnson City

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**.

Woodburn Court 1 Apartments
21-23 Exchange St
Binghamton. NY 13901
Call: 607-723-7875
TOD: 711 Relay
EQUAL HOUSING OPPORTUNITY
62 or older and those with a disability over the age of 18
Owned and operated by C.S. American Management
Now accepting applications!
•148 One Bedroom Apartments
• Project-Based Section 8
• Elevators
• Secure Building
• Gated Parking lot
• 24- Hour Maintenance
If you have a disability and need assistance with the application process, please contact Cynthia at 607-723-7875.
PAID ADVERTISEMENT



Johnson City Senior Center
Contact Dorothy 607-743-1747

Stay tuned for our 2027 trips!

Vestal Senior Citizens Club
Contact Pat 607-797-3908

September 18th – 25th 2027 New England Cruise to Nova Scotia (Deadline to sign up 1/21/2027)



Nature Walking Club

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

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

December 10th - Brick Pond, Owego. Park in main parking area on East Front Street.

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

Senior Splash!

Water Movement Class For Seniors

Low impact water exercises with mental challenges through fun games and activities designed to help those with cognitive decline and/or dementia.

Tuesdays & Thursdays 10:00-10:45am

Free to members
$10 per class for non-members

Southern Tier Community Center
1 Clubhouse Road, Endicott
607-444-3354
thestcc.org

PAID ADVERTISEMENT

Travel the World Virtually with Discover Live

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. These are free classes, and no reservations are required.

December 8th 11AM



Virtual walking tour through **Oslo, Norway**
(streamed to the Northern Broome Senior Center)

December 9th 1:30PM



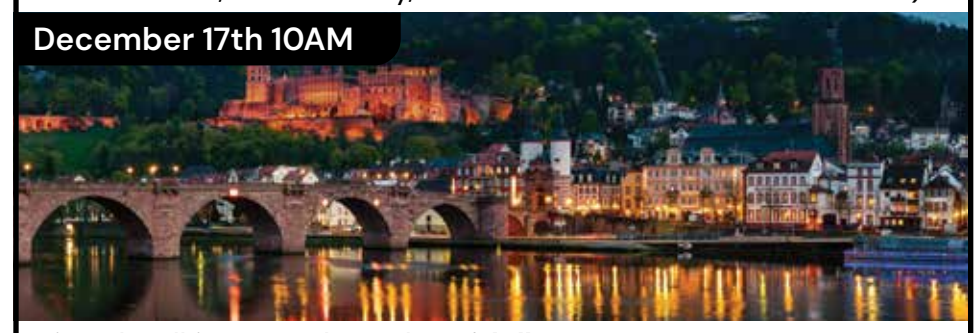
Virtual walking tour through **Mexico City, Mexico**
(streamed to the Broome West and Johnson City Senior Center)

December 16th 12:30PM



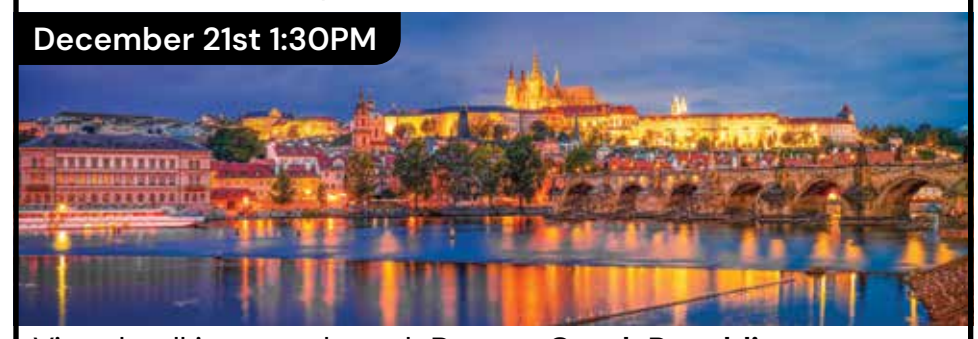
Virtual walking tour through **London, England (**streamed to the Broome West, Johnson City, and Northern Broome Senior Center)

December 17th 10AM



Virtual walking tour through **Heidelberg, Germany**
(streamed to the Deposit and Vestal Senior Center)

December 21st 1:30PM



Virtual walking tour through **Prague, Czech Republic**
(streamed to the Broome West and Eastern Broome Senior Center)

December 22nd 10:30AM



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

Spread Some Holiday Joy! Volunteer for Meals on Wheels

Help spread some joy this holiday season and make a difference in your community by volunteering with Meals on Wheels! We deliver meals Monday through Friday, from 11:00am to 1:00pm. Volunteers can choose the day or days that work best for their schedule. We are looking for both drivers and visitors to help deliver nutritious meals and provide a friendly connection while allowing clients to stay independent in their homes.

- **Drivers:** Use your own vehicle to deliver meals. Mileage reimbursement is provided.
- **Visitors:** Join a driver and help bring meals to the door along with a friendly smile and daily check on the clients.

Whether you can volunteer once a week or several days, your time can make a meaningful difference. Call the Meals on Wheels office at **607-778-6206** if you would like to become a part of an amazing group of caring people. Volunteers are needed in Binghamton, Chenango Bridge, Conklin, Deposit, Harpursville and Whitney Point.

Snow Day Closings: Senior Centers & Meals on Wheels

Winter is here, and with that comes inclement weather and unsafe road conditions. When the weather takes a turn for the worst, Broome County Senior Centers and Meals on Wheels deliveries may be cancelled.

A good rule to follow:

- When schools in your area are closed, Senior Centers will be closed, and no Meals on Wheels will be available. This applies to school closings but not delays or early dismissals.

If the weather looks questionable:

- Check for closings on your local news stations, the Broome County Office for Aging Facebook page or call the Office for Aging at **607-778-2411**

Meals on Wheels clients will receive emergency meals. These meals contain nonperishable canned and packaged foods that can be used when Meals on Wheels are unable to deliver due to inclement weather. The emergency meals do not require refrigeration. When you hear that Meals on Wheels (or the schools in your area) are closed, then you should eat some of the food in this package.

We Want to Hear From You! Help Us Plan for 2027

As we look ahead to 2027, the *Senior News* team wants to make sure this publication continues to be a helpful, entertaining, and valuable resource for you. Whether you enjoy our health columns, technology guides, community event listings, or local feature stories, your input guides what we print!

What topics, activities, or information would you like to see more of in the coming year? Are there specific issues, hobbies, or community programs you would love to read about? We want to know!

Share Your Ideas with Us:

- Email: Send your suggestions to **OFA@broomecountyny.gov**
- Phone: Call us at **607-778-2298**

Thank you for being such an active part of our community. We look forward to reading your ideas and creating a great lineup of articles for 2027!

Raise The Personal Needs Allowance for Nursing Home Residents

By Danielle LaBare

New York State's Long Term Care Ombudsman Program advocates for residents of nursing homes and other long-term care facilities. Nursing home residents currently receive $50 per month for personal needs allowances (PNA). The $50 amount has not increased in New York State since 1988. Many other states have adjusted this amount to allow for a higher PNA. PNA is used for items such as, books, hobby materials, clothing, and other items that a person deems necessary. There currently is a request for support to increase the PNA. If you are interested in signing the petition to increase PNA, please visit https://forms.office.com/g/urMXCZJy42 and call the Governor, your State Assembly Member and your Senator. Urge for an increase in the Personal Needs Allowance in this year's state budget.

The writer is Ombudsman Coordinator for Region 11 at Action for Older Persons, which covers Broome, Chenango, Delaware, and Tioga Counties.





CAREGIVER CORNER

Ideas and information for people caring for others.

CAREGIVER CHATS

The Broome West Caregiver Chat:
Date: Wednesday, December 9th
Time: 1 – 2:30PM
Location: Broome West Senior Center
2801 Wayne Street, Endwell, NY
Group Respite will be available to provide care for your loved one during the session. If you will be needing care for your loved one, please RSVP by calling **607-785-0494.**

SOCIAL SATURDAYS

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

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

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

Saturday, December 12th 1 – 4PM
Second Saturday of the Month
Grace's Place
Grace Lutheran Church
709 Main St, Vestal
RSVP 607-748-0840
Registration packets are available online at
www.gracelutheranchurchvestal.com/graces-place

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

Saturday, December 26th 11 – 2PM
Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament
465 Clubhouse Rd, Vestal
607-778-2946



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" card games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!

Bandera Family Delivers Christmas Day Meals

The Bandera Family and their dedicated volunteers have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. In 2026, the Bandera family is continuing their tradition.

If you are unable to leave your home, you can order a Bandera Family meal with all the trimmings to be delivered to you by volunteers on Christmas Day – Friday, December 25. For those who participate in Meals on Wheels, note that while the Meals on Wheels program will be closed, the Bandera Family Meal is available.

The "2-1-1 / First Call for Help" call center will take reservations for the Bandera Family Christmas Day meals. To request a meal, call "First Call for Help" by dialing either **2-1-1** from a landline, or **1-800-901-2180** from a mobile phone, beginning Wednesday, December 2 at 8 am. Tell the operator that you would like a home-delivered Christmas Day meal. Reservations will be taken M – F, 8am – 5pm. Reservations must be made by 5 pm on Monday, December 21st.

Recipes

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

CRUNCHY CHICKEN NUGGETS



Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup BBQ sauce
- 3 cups cereal flakes

Directions

1. Preheat oven to 375 °F.
2. Mix chicken and barbeque sauce in a large bowl.
3. Pour cereal flakes into a large plastic bag and crush into small pieces.
4. Place chicken pieces in the bag, reseal, and toss to coat.
5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
7. Refrigerate leftovers within 2 hours.

https://medlineplus.gov/recipes/crunchy-chicken-nuggets/

A RECIPE FOR ONE!

EASY CHEESY ENCHILADAS



Ingredients

- 1/4 cup pinto beans, drained and rinsed
- 1 tablespoon salsa
- 2 tablespoons corn (fresh, frozen, or canned)
- 2 teaspoons mild green chiles, chopped
- A tiny pinch of garlic powder (or a little minced garlic)
- 2 tablespoons shredded cheese
- 1 whole-wheat flour tortilla (10-inch) or 2 small corn tortillas
- 2 tablespoons enchilada sauce

Directions

1. Preheat your oven to 375°F.
2. Make the filling: In a small bowl, combine the pinto beans, salsa, corn, green chiles, garlic powder, and half of the shredded cheese.
3. Fill the tortilla: Spoon the mixture into your tortilla, roll it up, and place it seam-side down in a small oven-safe baking dish.
4. Add the sauce: Pour the enchilada sauce over the tortilla and sprinkle the remaining cheese on top.
5. Bake for approximately 15–20 minutes, until heated through and the cheese is melted.
6. Refrigerate leftovers within 2 hours.

https://medlineplus.gov/recipes/easy-cheesy-enchiladas/

HAM AND VEGETABLE CHOWDER



Ingredients

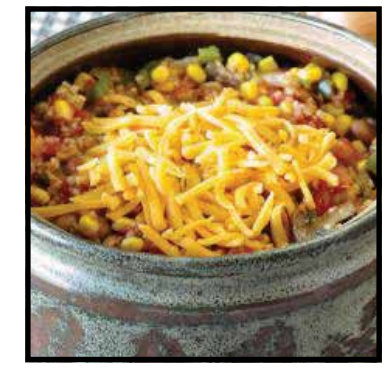
- 1 Tablespoon vegetable oil
- 1 small onion, chopped
- 1/2 head cabbage, chopped (about 6 cups)
- 1 large potato, peeled and diced
- 2 cans (14.5 ounces each) low-sodium chicken broth
- 2 cans (15 ounces each) cream-style corn
- 1 cup chopped lean ham (8% fat)
- 1/2 teaspoon pepper
- 1/2 cup grated cheddar cheese

Directions

1. Heat oil in a 4-quart (or larger) saucepan. Sauté onion, cabbage and potato over medium heat until soft, about 10 minutes. Stir the vegetables often while they cook.
2. Add chicken broth, corn, ham and pepper.
3. Cover and simmer until potato is tender, about 10 minutes.
4. Serve hot, sprinkled with cheese.
5. Refrigerate leftovers within 2 hours

https://www.medlineplus.gov/recipes/easy-blueberry-cobbler

VEGETARIAN CHILI



Ingredients

- 2 teaspoons vegetable oil
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cups sliced mushrooms
- 1 cup corn, fresh, frozen or canned and drained
- 1 can (15.5 ounces) pinto beans, drained and rinsed
- 1 can (8 ounces) tomato sauce
- 1 can (14.5 ounces) stewed tomatoes with juice
- 1/2 cup bulgur, uncooked
- 1 cup water
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 3/4 cup grated cheddar cheese

Directions

1. Heat oil in large skillet over medium-high heat (350 °F in an electric skillet).
2. Add garlic, onion, pepper and mushrooms and sauté until tender, about 6 to 8 minutes.
3. Add remaining ingredients except cheese.
4. Reduce heat to low, cover the skillet and cook until bulgur is soft, 10 to 15 minutes.
5. Sprinkle with grated cheese and serve.
6. Refrigerate leftovers within 2 hours.

https://medlineplus.gov/recipes/vegetarian-chili/

Response to Public Hearing Questions

Thank you to everyone who attended our public hearing at the Vestal Senior Center in early September! We had a very successful turnout and truly appreciate the community's thoughtful participation and engagement.

Below, we have compiled and answered the questions raised during the session to ensure everyone stays informed.

Social Isolation
What do older adults who are isolated need and how do we reach them?

SUMMARY OF COMMENTS	WHAT OFA ALREADY DOES	WHAT OFA PLANS TO DO
Daily phone calls (morning and evening)	This program is offered by Catholic Charities of Broome County. It's called Good morning and Good afternoon Broome. You can call 607-729-9166 to learn more.	OFA will contact Catholic Charities about promoting this program through flyers, Facebook and Senior News.
Include listings of part-time jobs older adults can apply to	The Senior News includes an employment section where we advertise OFA jobs and jobs with our vendors such as BC Transit or Sodexho. We also include paid volunteer opportunities for income eligible older adults (Foster Grandparent Program). OFA also runs the Senior Helpers program which allows older workers to add their name to lists utilized by other older adults who need to hire for various jobs. If you are looking to other part time opportunities you can search online or contact Broome-Tioga Workforce NY by calling 607-778-2136.	OFA will continue to advertise OFA and contractor jobs in Senior News and on Facebook.
Gift bags for isolated older adults who are homebound or in nursing homes.	OFA only serves older adults who reside in the community and not local long term care facilities. OFA staff work with many homebound older adults by helping them navigate services or deliver meals. We participate in holiday gifting programs available in our community. We believe our funding is best used to provide direct in-home services, meals, friendly visits and transportation to those who are isolated and homebound. We encourage all community members to refer older adults in need to our office so we can serve their needs and help them stay in their homes as long as possible.	OFA will continue to look for ways to support homebound older adults. This includes providing services that help them age in their homes as well as social connections by providing animatronic pets, ElliQs, loan iPads and friendly visits when student interns are available. Our website offers a handout that provides an overview of the various social isolation strategies.
Have doctors or nurses identify socially isolated patients and hand out OFA information about programs that may be helpful	We frequently share our brochures with local medical offices via mailings or materials drop off. We encourage them to refer patients to us as needed.	OFA will do a specific targeted mailing to local medical offices about social isolation prevention strategies available to older adults.
Postings for senior centers at churches, stores, libraries	We distribute our Senior News widely including local libraries, grocery stores, restaurants, medical offices etc. The Senior News includes all senior center calendars for upcoming activities.	OFA will reach out to additional churches, stores and libraries through mailing of the OFA brochure.
Host more evening meals including ones with high school students.	Our senior centers hosted several intergeneration events in the past couple of years. These take a significant amount of planning and coordination between the senior center staff and the student themselves. Evening events are most popular in the spring or fall months due to student availability and extended daylight allowing more adults to attend.	OFA will continue to host intergenerational activities as part of the Age Friendly initiatives. Frequency of these events will depend on several factors including availably of students, staff and volunteers.
Provide training for computers	Senior News includes a section dedicated to Tech assistance and information. This includes one on one assistance at local libraries and some senior centers.	OFA will continue to partner with local experts on technology to bridge the gap for older adults.
Bus trips to Albany, Scranton, Corning Museum of Glass, Howes Caves, Philadelphia flower show, NYC for Broadway shows, NY State Fair	OFA is not able to organize or offer bus trips outside of Broome County. There are several active groups meeting at Senior Centers (these groups are not OFA sponsored) that organize great trips to other destinations. These trips are listed in the Senior News.	When available we are able to utilize our contract with BC transit for a day trip within Broome County (Mon – Friday, 9am-4pm). If you would like to organize a local bus trip for your senior center, please speak with your site supervisor.
Offer daily walks at Otsiningo Park and early morning exercise classes	OFA staff are busy covering local senior centers. We do periodically offer Walk with Ease at the Oakdale Mall. Offering an indoor location allows us to keep walking in bad weather. There is the Nature Walking club that meets regularly and advertises nature walks in the Senior news and on Facebook. Several morning exercise options are offered at local senior centers. Please review page 2 of the Senior News.	OFA would love to start an outdoor walking group at a local park. If you would like to volunteer to lead this group or have other ideas, please call us at 607-778-2411.
Have elementary school children make Christmas/ Easter cards	OFA welcomes and supports intergenerational activities. This activity is something we support when approached by local teachers and schools. Cards were distributed to Meals on Wheels and at local senior centers.	OFA can send out letters to schools seeking holiday cards.

Response to Public Hearing Questions

Continued...

Do you have any other suggestions about improvements, unmet needs or changes to current services BCOFA offers?

SUMMARY OF COMMENTS	WHAT OFA ALREADY DOES	WHAT OFA PLANS TO DO
Handy men help (plumber, carpenter, electrician, snow removal etc.).	OFA's Senior Helpers program connects workers with those who need to hire. Please call 607-778-6105 to request a list of workers for your job. We currently have a list for those who provide caregiving, transportation, yard work, snow removal, small repairs and pet care.	OFA will advertise Senior Helpers on Facebook and Senior News. A flyer regarding Senior Helpers will be provided to senior centers.
Community Resource List needed	OFA produces many brochures to help older adults access services. The most comprehensive publication is available online and it is called the Broome County Directory for Older Adults, Individuals with Disabilities, Caregivers and Families. Call 607-778-2411 for your copy.	OFA will advertise the availability of this publication on Facebook and in the Senior News.
Vestal senior center should be on one level (no steps). Vestal senior center needs more room for all the events and activities	OFA added the ramp several years ago to make the program more accessible. Numerous reviews of Vestal buildings have been considered to move the center, but most buildings reviewed provided less space than the current setting. OFA cleaned up the back room for additional space.	OFA will continue to consider other venues for the Vestal Senior Center. The current venue has been home to the center for many years and only recently were a few concerns brought to OFA attention.
Big door signs on senior centers. Increase the senior center signage to direct people to the senior centers	A sign was added over the center door couple years ago.	OFA is planning to add a banner sign on the ramp and also a hanging sign at the foot of the ramp. We plan to have this completed by winter 2026.
The Vestal Senior Center ramp is too steep – some people have a hard time climbing up. The bigger problem is coming down because the walker goes faster than they can walk.	OFA had the ramp reviewed by code enforcement, Broome County Includes and Southern Tier Independence Center. The ramp follows all appropriate codes and elevations.	Vestal Staff will remind those in need of assistance to seek support from the Vestal Staff.
Transportation to community and entertainment events (group or individual)	All older adults with an OFA ID card can make reservations for the OFA minibus to get to local events. For group rides please contact OFA to discuss the event times and availability of BC Transit drivers to cover this event. If you want to travel outside of OFA mini-bus hours you can contact Getthere Mobility Management at 607-296-2509.	OFA will continue this service on Facebook and in the Senior News.
Better meals – your evening meals are much better than day meals. Most of the time I do not buy lunch as I do not like the meal and cannot afford to pay for the meals.	We appreciate any and all feedback about our meals. Please make sure to sign up for Blooming Health so you can complete our monthly meal surveys. We also encourage feedback that is provided shortly after the meal you had or chose not to have. Please speak to the senior center supervisor as soon as possible. This ensures we can address quality issues in a timely manner. Please note that all meals are offered to those who are 60+ for a suggested contribution. No one will be denied the meal if they are unable to contribute. If you are under 60 you are asked to pay for the meal. Please call our office at 607-778-2411 to explore financial benefits to help you pay for your meals if you are under 60.	The evening meals and the day meals are from the same kitchen. Our food is cooked and delivered by Sodexo. OFA will continue to offer surveys to help us tailor food preferences.
Include recipes in the Senior News for one to two persons household	Thank you for this suggestion.	OFA Senior News editor will explore this option.
Have town mayors or local politicians visit senior centers for Q&A	OFA invites local elected officials to join programming several times a year.	OFA has rules regarding campaigning at senior centers. Campaigning is not allowed. However, OFA will continue to invite currently seated elected officials for special programming throughout the year.



Broome County
Office for Aging

Come Join the Team at Broome County Office for Aging! We are now hiring for the following positions. If interested, please submit an application online at the following address https://broomecountyny.gov/personnel/vacancy

- **Classroom Foster Grandparent**
  Stipend and Mileage Reimbursement Provided
  To be eligible your income must fall below $2,660/ month after allowable deductions.
  No Civil Service Exam Required
  Monday – Friday (Hours Vary)
  Call **607-778-2089** for more information.

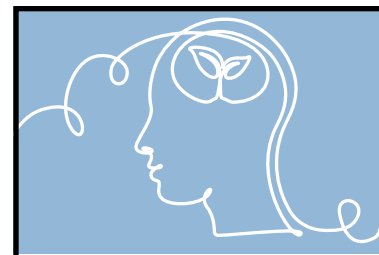
- **Broome County Meals on Wheels** is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Volunteer drivers and visitors are needed; volunteering only takes about an hour of your time. Mileage reimbursement is available. Call **607-778-6206** for more information.

- **BC Transit**
  Do you enjoy driving and working with people? Work part time as a Van Operator for BC Transit. Great opportunity for retirees!
  - Drive a 16-passenger van and transport riders for medical appts, shopping, and other life needs.
  - Most riders are senior citizens and persons with disabilities.
  - Part time positions are 3-4 days per week.
  - Paid comprehensive training, with great wages.
  - Starting pay is $18.53/hour
  - EEO/AA females and minorities encouraged to apply.
  - Apply at BC Transit 413 Old Mill Rd, Vestal NY.
  - Call **607-763-4926** for more information.

- **Willow Point Rehabilitation & Nursing Center Hiring for the following positions:**

  * Clinical Care Coordinator
  * Unit Aides
  * LPNs: Full-Time, Part-Time, Per Diem
  * CNAs: Full-Time, Part-Time
  * Supervising Nurses II: Full-Time, Part-Time, Per Diem
  * Maintenance Mechanic
  * Custodial Workers
  * Laundry
  * Health Information Technician
  * Senior Leisure Activity Leader
  * Clerk

  For more information, please call **607-763-4400** or visit https:/willowpointrehab.com/careers



Mental Health Corner

Navigating Holiday Stress & Finding Peace

The holiday season is often described as a time of joy and celebration, but for many of us, it can also bring a fair share of stress, fatigue, or feelings of overwhelm. Balancing festive expectations, busy schedules, changes in routine, and the absence of past loved ones can weigh heavily on our mental well-being.

If you are feeling stressed this season, remember that your feelings are entirely valid, and you don't have to carry it all alone. Here are a few gentle strategies to help you protect your peace of mind this December:

- You don't have to attend every gathering or host the perfect event. Give yourself permission to say "no" or shorten your visits when you need extra rest.
- Protect your energy by setting limits on your time, budget, and commitments. It is okay to prioritize activities that bring you comfort over those that drain you.
- The holidays can bring up tender memories of family and friends who are no longer with us. Allow yourself space to feel whatever comes up, whether that means creating a small quiet tradition to honor them or talking with someone you trust.
- If you are feeling isolated, reach out to a friend, neighbor, or your local senior center. Sharing a quick conversation or joining a community activity can provide a warm sense of connection.

Taking care of your mental health is the most important gift you can give yourself this season. Be kind to yourself, take things one day at a time, and remember that support is always within reach.

December 1st is World AIDS Day
HIV, AIDS, and Older Adults

What is HIV? What is AIDS?

HIV is a virus that damages and weakens the body's immune system — the system your body uses to fight off infection and disease. Having HIV puts a person in danger of experiencing other life-threatening infections and certain cancers.

When the body cannot fight off infections and some other diseases anymore, HIV can lead to a serious illness called AIDS. When someone has AIDS, they are more likely to get infections, and more vulnerable to unusual forms of cancers and other serious diseases. But, with early and uninterrupted treatment, it is possible that a person with HIV will never develop AIDS.

If you think you may have HIV, you should get tested. Everyone age 13 to 64 should be tested at least once for HIV. If you are over 64 and are at risk for HIV, talk with your doctor. Your doctor can help determine how often you should be tested and help find ways to reduce your risk.

There are drugs that, when taken consistently, can help suppress the amount of HIV in your blood to undetectable levels, improving your health overall and making it harder to pass HIV on to your sexual partners. To get the best results, it is important to start treatment as soon as possible. If you are unsure about your HIV status, get tested. Always protect yourself and your partners when having sex or using needles.

Sourced from:
https://www.nia.nih.gov/health/hiv-aids/hiv-aids-and-older-adults

Ask The Office

"With winter approaching, how can I prepare for the colder weather, and how can OFA help?"

Winter brings cold temperatures, snow, and icy conditions, but a little preparation can help you stay safe and comfortable.

Stay warm and safe at home. Dress in layers when going outside, wear shoes with good traction, and keep your home comfortably heated. If you use a space heater, keep it at least three feet away from anything that can burn. Eligible households may receive assistance through the Home Energy Assistance Program (HEAP), which offers help with heating costs and may provide assistance with heating equipment repairs, cleaning, or weatherization.

Plan for snow and ice. Keep walkways clear to help prevent falls. If you need help finding someone to clear your driveway or sidewalks, OFA maintains a list of snow removal vendors.

Prepare for winter emergencies. Keep medications, flashlights, batteries, nonperishable food, and drinking water on hand in case of a power outage or severe weather. Make sure you have emergency contact information readily available and arrange for someone you trust to check on you during severe weather.

Stay connected and engaged. Winter can make it harder to get out and socialize. Reading, puzzles, and other activities can help keep your mind active. Senior News offers helpful articles, information, and a Sudoku puzzle each month. It is available online for free at www.broomecountyny.gov/senior.

For more information about HEAP, snow removal vendors, or other services available to older adults, contact the Broome County Office for Aging at **607-778-2411.**

SUDOKU
• ANSWERS •

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

"The best preparation for tomorrow is doing your best today."

– H. Jackson Brown, Jr.

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**
  A few 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, NY 13862
  Gift Shop: Monday – Friday, 9 am – 3 pm

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

December 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.*

	Salisbury Steak 12/1 Mashed Potatoes Peas Peaches	**Manicotti** 2 Wax Beans Garden Salad Ice Cream Cup	**Pulled BBQ Chicken** 3 Baked Beans Hawaiian Coleslaw Black Forest Pudding	**Sausage w/Peppers & Onions OR Broiled Fish** 4 Roasted Potatoes Spinach Boston Cream Pie
Chicken Parmesan 7 Minestrone Soup Italian Green Beans Chocolate Chip Cookie	**Grandma's Meatloaf** 8 Baked Potato Stewed Tomatoes Mandarin Oranges	**Holiday Luncheon** 9 **Chicken Cordon Bleu OR Beer Battered Fish** Mashed Potatoes Country Blend Vegetables Red Velvet Pie Cup	**Apricot Meatballs** 10 **OR Broiled Fish w/Lemon** Seasoned Brown Rice Pilaf Winter Squash Apple Crisp	**Garden Vegetable Soup** 11 Deluxe Garden Salad Cottage Cheese Pineapple
Honey Ginger Chicken 14 Sweet Potato California Blend Vegetables Applesauce	**Beef Stroganoff over Noodles** 15 Carrots Sugar Cookie	**Teriyaki Chicken** 16 **OR Liver w/Onions** Mashed Potatoes Stewed Tomatoes Pears	**Pub Burger** 17 Baked Beans Corn Strawberry Shortcake	**Chicken or Tuna Salad Croissant** 18 Stuffed Pepper Soup Mandarin Oranges Cranberry Oatmeal Cookie
Chicken Carbonara Over Pasta 21 Wax Beans w/Pimento Strawberry Ice Cream Cup	**Chili over Baked Potato** 22 Garden Salad Double Chocolate Cookie	**Meatball Parmesan Sub** 23 Sausage Florentine Soup Pears Marble Ice Cream Cup	**Baked Ham** 24 **OR Broiled Fish w/Lemon** Pierogies w/Onions Cut Green Beans Lemon Meringue Pie	**Happy Holidays** 25 **Senior Centers Closed**
Manicotti 28 Three Bean Salad Cauliflower w/Parsley Applesauce	**Pulled Pork** 29 **OR Beer Battered Fish** Baked Beans Red Potato Salad Mandarin Oranges	**Halupki** 30 **OR Roasted Chicken** Mashed Potatoes Carrots Chocolate Pudding	**New Year's Eve Party!** **Chicken & Waffles** 31 Corn Tiramisu Pie Cup	**Happy New Year** 1/1 **Senior Centers Closed**

If you have a food allergy, please notify the Nutrition Unit at (607) 778-2411
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

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to www.broomecountyny.gov/senior