

Broome West Senior Center

2801 Wayne Street (off Watson Blvd), Endwell, New York 13760

Open: Monday – Friday, 9 a.m. – 3 p.m.

Lunch Reservations: 785-1777

Office/Information/Fax: 785-3427

Senior Center Website: <http://www.gobroomecounty.com/senior/scc>

Center Supervisors: Elayne Luis & Tom Bowen

Lunch served around noon – reservations needed one-day prior

Lunch – Suggested contribution: \$2.50 for age 60+ and spouse of any age; \$3.50 for all others



November 2009

Veterans Remembrance

Wednesday, November 4, 10 am – 1 pm



We honor our veterans today with a ceremony, display, and delicious meal. Luncheon is sliced pork, mashed potatoes, strawberry shortcake. Veterans receive a complimentary meal. Reservations are necessary.

IBM Medicare Benefits Plan

Thursday, November 5, 1 pm

or

Monday, November 9, 1 pm

IBM retirees can receive help from Frank Tedeschi specific to IBM Medicare benefits. Bring your current IBM Health Care Package and current Medicare Booklet.

Please register at 785-3427 for one of these sessions.

THINK

Holiday Stress Reduction

Tuesday, November 17, 1 – 3 pm



Donna Gavula will share her tips for enjoying the most joyous (and hectic) season of the year: the transition from fall to winter, the confusion of gift giving and the desire to be cheerful. Let us know if you'll be there.

Center Closings

Wednesday, November 11, closed for Veterans Day

Thursday and Friday, November 26 & 27, closed for Thanksgiving

Thanksgiving Luncheon

Thursday, November 19, 12:15 pm

This American traditional meal cannot be surpassed. We give thanks to the Endicott Lions and Lioness groups who serve our meal each year. Turkey, dressing, pumpkin pie ... suggested contribution: \$3.00 for those 60 and over; \$4.00 for all others.

*Positive Aging Academy

*Powerful Tools for Caregivers

*RSVP Living Healthy

These classes are ending this month

Broome West hosted over 50 guests for 6 weeks awhile they attended these classes. Next time around YOU can be part of the action and mental stimulation. Keep watching Senior News for dates, times and locations.

AARP Driver Safety Program

Pre-register; class size is limited to 30

November 12 & 13



Our community is fortunate to have volunteers who teach this program throughout the county. It serves as a refresher for good driving tips, updates new laws for our safety, and helps save on automobile insurance. The small fee is very reasonable: \$12 for AARP members and \$14 for non-members.



**Broome County Office for
Aging**

*... bringing seniors and
services together*

Evening Meal

Reserve in advance for dinner and entertainment, just \$3.50 if you are 60 years or older; 5 – 7 pm. Persons under 60 are always welcome; dinner is \$4.50.

Tuesday, November 10 Broome West Chorus Holiday Show Dinner is ravioli with meat sauce, Italian green beans, carrot coins, salad and Lemon Meringue Pie.

Special treat tonight, in addition to the BW Chorus .. students from Broome Community College will be serving the meal.

Breakfast for Lunch

Every Monday from 10:30 a.m. – 12:30 p.m.



November 9: Belgium Waffles w/ apples

November 23: Thanksgiving Strata

Made-to-order breakfast choices include: scrambled eggs, omelets, bacon, sausage, French toast, pancakes, and more! **Or** our specials!

Philly Cheese Steak Day

*New this month only: **Wednesday***

Wednesday, November 18, 11 am - 12:30 pm

No reservations needed. Suggested contribution \$3 for seniors and \$4 for under 60. Sides this month are a surprise!

Quilting

Mondays, 9 am – 3 pm

Make progress on your own projects or learn some tricks from seasoned quilters.

For Your Health

Bonesaver Exercises – *Mon. & Wed. @ 10 am*

Low-intensity; prevent/decrease osteoporosis and improve balance.

Chair Exercises – *Tues. & Thurs. @ 11 am.*

Increase flexibility, range of motion, & circulation.

Floor Shuffleboard

Wednesdays @ 12:45 pm

Ping Pong

Thursdays from 1-3 pm

Line Dancing Classes w/Joni Duff

Fridays @ 10:30 am. Just \$2 per class.

Universal Tai Chi– 24 Forms

Thursdays, 11/5 and 11/12, 9:30 – 10:30 pm

November Lunch Menu

(entrée & dessert)

Menu Subject to Change

11/2 Breakfast for Lunch

11/3 Pepperjack Chicken Patty Sand w/Sand;
Pineapple tidbits

11/4 Sliced Pork; Strawberry Shortcake

11/5 Vegetarian Chili; Black Forest Brownie

11/6 **Choice:** Fish Florentine **OR** Pierogi w/Onions

11/9 Breakfast for Lunch – Belgian Waffles

11/10 Pub Burger; Peanut Butter cookie

11/11 CLOSED

11/12 Turkey ala King; Pudding

11/13 **Choice:** Sliced Ham **OR** Stuffed Tilapia

11/16 Breakfast for Lunch

11/17 Savory Chicken Filet; Frosted Lemon Cake

11/18 Philly Cheese Steak Day

11/19 Sliced Turkey; Pumpkin Pie

11/20 **Choice:** Breaded fish **OR** Holupki; Oatmeal
Cookie

11/23 Breakfast for Lunch

11/24 **Choice:** Liver w/Onions; **OR** Sausage
w/Pep&On; Pumpkin Cookie

11/25 Cheesy Shell Casserole; Gingerbread
w/Lemon Sauce

11/26 CLOSED

11/27 CLOSED

11/30 Breakfast for Lunch

12/1 **Choice:** Ravioli w/Meat Sauce **OR** Mushroom
Omelet; Heavenly Hash

12/2 Turkey Salad Sand; Banana

12/3 Sliced Roast Beef; Peanut Butter Brownie

12/4 **Choice:** Stuffed Salmon **OR** Salisbury Steak;
Ice Cream Slice +

Information & Assistance Representative

Marie Liberati

1st and 3rd Tuesday at 11 am

November 3 and 17

Available to answer questions

HEALTH TIPS

A recent study at University of Maryland revealed that listening to music that you consider pleasant can relieve pain and reduce stress.

A different study shows that sitting long periods of time should be avoided ... it's a heart health risk.