

East Side Senior Center

254 Robinson Street, Binghamton, NY 13904

Phone/Fax: (607) 723-4292

Open: Mon, Wed & Thurs, 10 a.m. to 2 p.m.

Hot lunch served at noon – reservations requested one day in advance

Lunch – \$2.50 suggested contribution age 60+ and spouse of any age; all others, \$3.50

Site Supervisor: Sandy Ruminski



November 2009

Peanut Butter Lovers Month

November 2, 11 am

Peanut butter is a staple for children, but we grown-ups enjoy it, too. Enjoy samples while you do a PB word search about this protein packed goodie.

Veterans Remembrance

Wednesday, November 4, 11 am

Luncheon at 12:15



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.

STAR Application Process

Wednesday, November 4, 11:30

This is an information update on exemption forms for the City of Binghamton presented by the City Assessor's Office. Could be helpful even if you already receive the exemption.

“Meeting the Needs of Seniors – A Healthier In-Home Lifestyle”

Monday, November 9, 11:30 am

AmeriCorps is addressing the many needs of seniors through their volunteer programs. Learn how to create a healthier lifestyle in-home. Take advantage of what they have to offer. The National Corporation of Volunteering speaker will discuss the ways they can help you or your loved ones.

A.V.R.E.

November 18, 11:30 am



the products that are available locally to help your vision needs and keep you safe and independent. Our eyesight changes constantly. Hear about different services and

Center Closings

Wednesday, November 11, closed for Veterans Day

Thursday, November 26, closed for Thanksgiving

Fall Breads and Pastries

November 25, 11 am

Please join us for morning coffee, homemade baked goods, and fall breads. What could be better?

November Activities:

- 11/2 Peanut Butter Lover's Month, 11 am
- 11/4 STAR Exemption, 11:30 am
- Veterans Remembrance Lunch, 12:15 pm
- 11/9 “Meeting the Needs of Seniors,” 11:30 am
- 11/11 CLOSED – Veterans Day
- 11/18 A.V.R.E. – Vision Rehab, 11:30
- Thanksgiving Luncheon, 12:15 pm
- 11/23 Thanksgiving Word Search Puzzles, 10 am
- 11/25 Fall Breads & Morning Coffee, 11 am
- 11/26 CLOSED – Happy Thanksgiving!

What's Happening Elsewhere:

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Friday Movies at Johnson City

11/13 (to be determined!), 12:30 pm

Broome County Office for Aging ...

... bringing seniors and services together

