



# Broome West Senior Center

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

Open: Monday – Friday, For Curbside Meal Pickup  
**Office/Fax: 785-3427 | Reservations: 785-1777**

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

Senior Center Site Supervisor: Michelle Class

**Lunch served around noon – reservations needed one-day prior by noon.**

**Lunch – Suggested contribution: \$3.50 for age 60+ and spouse of any age; \$4.50 charge all others**



## September 2020

### National Falls Prevention Awareness Week September 21-25, 2020

*Did you know that many falls are preventable? Finding a good exercise program can help improve balance and prevent falls.*

**Join the Office for Aging Autumn Walking Challenge starting on Monday, September 21, the first day of National Falls Prevention Awareness Week. The challenge will end on Friday, October 30.**

**Signing up is easy!** Just ask your local Senior Center Site Supervisor for a walking packet. You will receive a log to record all your miles, some tips on setting walking goals and preventing falls, and a pedometer (if you do not already have one on your smartphone). When the challenge ends on October 30, turn in your walking log at the center or mail it to the Office for Aging to enter our prize drawing.

### Brooks House of Bar-B-Q Drive Thru Fundraiser For the Broome County Senior Games

**Fri, Sept. 18, 3 pm - sold out at Tractor Supply Lot, Vestal**

Each meal includes a half chicken, baked potato, coleslaw, dinner roll, beverage and dessert for \$12. All meals will be sold to-go with the convenience of drive-thru pickup. No advance reservations will be taken. When picking up meals, please bring exact change and wear a face mask. This event is presented by the AgeOn Fund of Broome County, Inc., to benefit the Broome County Senior Games.

### Broome West Coffee Chats with Michelle Hope to Hear You There on Fridays, 1:30 to 2:15 pm

These coffee chats will be a time for all of us to get together on the phone and catch up. To join our call each Friday afternoon, just follow these easy steps:

- First, dial **778-6547**.
- Second, when asked for a meeting number enter **6205#**.
- Third, when asked for an attendee code enter **62051#**, and then you will be on our call.

Remember to pour yourself a good cup of coffee!

### Update on Senior Center Closures For Dine-In Meals & Activities

For everyone's safety during the Pandemic, senior centers will remain closed for dine-in meals and activities through December of 2020. In the meantime, to-go meals are available for drive thru pickup, Monday - Friday. Consider joining Michelle's Friday Coffee Chat Call so that we can all keep in touch, and sign up for the Autumn Walking Challenge. Please continue to check in with Michelle on other events and programs that will be available this fall.

### Secure DMV Dropboxes Available at Local Senior Centers

You may now visit a participating senior center to drop off DMV paperwork in a secure dropbox:

- Broome West (Endwell):  
Monday-Friday, Noon-2 pm,  
785-1777
- Johnson City: Monday-Friday,  
Noon-2 pm, 797-3145
- First Ward (Binghamton):  
Monday-Friday, 12:30-1:30 pm,  
797-2307 or 729-6214
- Eastern Broome (Harpursville):  
Monday-Friday, :12:30-2 pm,  
693-2069
- Northern Broome (Whitney Point):  
Monday-Friday, Noon-2 pm,  
692-3405

#### For more information:

Each senior center will have a **sign on its main door** explaining the drop-off procedure for that location.

The DMV Dropbox located in the Broome County Office Building is still accessible to the public: Monday-Friday, 8 am-4 pm.

# Meet, Greet & Eat

## September's 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.*

**Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go.**  
**Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of September.**

<b>Chicken Cacciatore</b> 8/31 <b>Over Rice</b> Wax Beans w/Parsley Diced Peaches	<b>Cheesy Pasta Bake</b> 1 <b>w/Sausage</b> Spinach Frosted Devil's Food Cake	<b>Halupki</b> 2 <b>OR Kielbasa w/Onions</b> Mashed Potatoes Peas & Carrots Banana	<b>Chicken Salad</b> 3 <b>On a Croissant</b> Ambrosia Three Bean Salad Carrot Raisin Bar	<b>Salisbury Steak OR</b> 4 <b>Spinach Parmesan Pollock</b> Buttered Noodles Beets Strawberry Mousse
<i>Centers Closed</i> 7 <i>In Observance of</i> <i>Labor Day</i>	<b>Chicken Alfredo</b> 8 <b>Over Pasta</b> Green Beans Fruit Cocktail	<b>Ziti Parmesan</b> 9 Broccoli Florets Fresh Orange Chocolate Chip Cookie	<b>Liver w/Onions OR</b> 10 <b>Chicken Thigh Marengo</b> Mashed Potatoes Spinach Butterscotch Pudding	<b>Herb Rubbed Pollock</b> 11 <b>OR Salisbury Steak</b> Seasoned Quinoa Carrots Cinnamon Apple Slices
<b>Cheesy Pasta Bake</b> 14 <b>w/Sausage</b> Broccoli Florets Fruit Cocktail Sugar Cookie	<b>Halupki w/Sauce OR</b> 15 <b>Breaded Chicken Parm</b> Mashed Potatoes Italian Green Beans Frosted Vanilla Cake	<b>Beef Burgundy</b> 16 Buttered Noodles Peas & Carrots Applesauce	<b>Macaroni &amp; Cheese</b> 17 Stewed Tomatoes Italian Blend Vegetables M&M Cookie	<b>Roast Turkey OR</b> 18 <b>Broiled Fish w/Lemon</b> Mashed Potatoes Peas Honey Bran Muffin
<b>Stuffed Pepper</b> 21 <b>Casserole</b> Green Beans w/Mushrooms Double Chocolate Cookie	<b>Liver w/Onions OR</b> 22 <b>Meatloaf</b> Mashed Potatoes Carrots Fruit Cocktail	<b>Herb Chicken Thigh OR</b> 23 <b>Broiled Fish w/Lemon</b> Scalloped Potatoes Hot Beets Peanut Butter Brownie	<b>Pub Burger</b> 24 <b>w/Lettuce &amp; Tomato</b> Baked Beans Macaroni Salad Lemon Poppyseed Muffin	<b>Spinach Parm Pollock</b> 25 <b>OR Beef Burgundy</b> Buttered Noodles Peas Strawberry Mousse
<b>Beef Stew</b> 28 <b>Over a Biscuit</b> California Blend Vegetables Warm Spiced Peaches Oatmeal Cookie	<b>Baked Ham OR</b> 29 <b>Chicken Thigh</b> <b>Both w/Cranberry Glaze</b> Scalloped Potatoes Broccoli Florets Gelatin	<b>Chicken Salad</b> 30 <b>On a Croissant</b> Cottage Cheese Pineapple Tidbits Chocolate Pudding	<b>Roast Turkey</b> 10/1 Mashed Potatoes Peas & Corn Pumpkin Cookie	<b>Rotisserie Chicken</b> 10/2 <b>OR Salmon Patty w/Dill Sc.</b> Seasoned Couscous Carrots Fresh Banana