

Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Open: Mon, Tues, Wed & Fri for Curbside Meal Pickup

Site Supervisor: Marcie Michalek (607) 693-2069

Meals on Wheels Program: (607) 693-1566

September, 2020



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 Marcie's Thursday 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 Marcie 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.

Eastern Broome Coffee Chats

Hope to Hear You There!

Thursdays in September, 10-10:45 am

These coffee chats will be a way for all of us to get together on the phone at the same time and catch up. No computer is needed for this call. All you need is a basic phone line. To join our call each Thursday morning, just follow four easy steps: First, dial **778-6547**. Second, when you are asked for a meeting number enter **6205#**. Third, when asked if you are the meeting host **press #**. Fourth, when you are asked for an attendee code enter **62051#**, and then you will be on our call. Remember to pour yourself a good cup of coffee!

Please call Marcie at 693-2069 by 12 p.m. on the Thursday before to reserve your place on our call.

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.

Broome County
Office for Aging 

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.

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