



Vestal Senior Center

Site Supervisor- Jennifer Fontana
Open: M-F, For Curbside To-Go Meal Pickup
201 Main Street, Vestal, NY 13850
Phone: (607) 754-9596

Lunch Reservations by noon the day before



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.

NUTRITION EDUCATION CORNER

Sick of the "same old, same old" at snack time? Here are some ideas for quick, tasty & nutritious options to try!

- Apple Slices & String Cheese
- Plain Greek Yogurt w/ Cucumber Slices
- Hard-Boiled or Devilled Egg w/ Hot Sauce
- Red Bell Pepper Strips & Hummus
- Tomato Slice topped w/Tuna

Adapted from: <https://www.webmd.com/diet/ss/slideshow-low-carb-snacks>

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 the Autumn Walking Challenge, and please continue to check in with Jenn on other events and programs that will be available this fall.

Secure DMV Dropboxes Available at Local Senior Centers Monday – Friday, Noon to 2 pm

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

- Broome West (Endwell), 785-1777
- Johnson City, 797-3145
- First Ward (Binghamton), 729-6214
- E. Broome (Harpursville), 693-2069
- N. Broome (Whitney Point), 692-3405

For more information:

Call the center you wish to drop off at, and a staff member will be happy to explain the most convenient way for you to leave your DMV paperwork.

Additionally, 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 to 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.

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