



# Deposit Senior Center

14 Monument Street, Deposit, New York 13745

(Inside Christ Episcopal Church)

Open: Meals are Available for Curbside Pickup on Thursdays

Phone: Office for Aging (607) 778-2411



## OCTOBER 2020

Broome County  
Office for Aging

Meal orders will be available for curbside pickup on Thursdays around 12:15 pm.  
Please reserve your meal two days in advance by calling the Office for Aging at 778-2411.

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

**It's not too late to join us!** Just call Sofia at the Office for Aging at 778-2115 to get 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.

**Living Healthy**  
**Telephone Workshops for**  
**Chronic Disease Self-Management**  
**Wednesdays, Nov 11 – Dec 16**

*An SMRC Evidence-Based Self-Management Program  
originally developed at Stanford University*

Do you have a chronic health condition or care for a loved one with a chronic condition? Living Healthy Workshops can help you take charge of your life and better manage conditions such as diabetes, heart disease, chronic pain and more.

Workshops are free of charge, and all participants will receive complimentary class materials. This workshop will meet by phone each Wednesday from November 11 through December 16, for a total of six phone sessions. To join us, all you will need is a basic phone line. Advanced registration is required by the first week of November. To learn more and sign up, call Sofia at the Office for Aging at 778-2115.

### **“Be-Well” Basket Raffle**

**Receive a free raffle ticket to win with each**  
**to-go meal picked up from October 1 through October 29.**  
**Drawing to take place on November 5.**

This basket includes small gifts and tools to help you stay healthy and happy this season. Good luck in the drawing, and be well!



### **October Trivia Game**

**Answer the questions below, and cut out this box.**



**Bring it to the center the next time you pick up a to-go meal by 10/29, and enter to win a prize.**

1. What country holds the title for the world's heaviest pumpkin? \_\_\_\_\_
2. What was Bram Stoker's original name for Dracula? \_\_\_\_\_
3. What was Dr. Frankenstein's first name? \_\_\_\_\_
4. What ailment did people believe could be cured by pumpkins? \_\_\_\_\_
5. During Halloween, what do witches ride on? \_\_\_\_\_

# Meet, Greet & Eat

## October'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 October.**

|   |   |    |  |  |    |
|---|---|----|--|--|----|
| <b>Nutrition Education Corner:</b> Halloween candy can be tempting! Because the average candy bar can contain as many as 300 calories, consider some other lower calorie substitutes: If you want a chocolate candy but need to cut calories, try eating a peppermint patty. These minty snacks have a rich chocolate taste with only half the calories of a traditional candy bar. Licorice twists are also a tasty lower-calorie option with much less sugar than chocolate candy. ( <a href="http://www.fitday.com">www.fitday.com</a> ) |   |    |  | 10/1   |    |
|   | Deposit Senior Center is Closed for to-go meals on Tuesdays.<br><br>Please reserve a to-go meal for Thursday pick-up by calling the Office for Aging at 778-2411. | 6  |  | Deposit Senior Center will offer frozen to-go meals for pickup around 12:15 pm each Thursday in October. | 8  |
|   |   | 13 |  |  | 15 |
|   |   | 20 |  |  | 22 |
|   |   | 27 |  |  | 29 |