

# Eastern Broome Senior Center

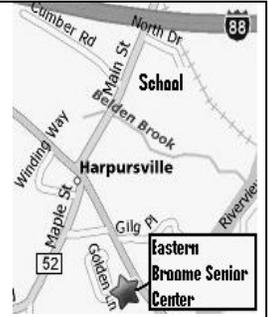
27 Golden Lane, Harpursville, NY 13787

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

Site Supervisor: Marcie Michalek (607) 693-2069

Meals on Wheels Program: (607) 693-1566

## October, 2020



### FOR ALL CLASSES LISTED BELOW:

Please sign up in advance

by calling Sofia at 778-2115 or email

[Sofia.Rittenhouse@broomecounty.us](mailto:Sofia.Rittenhouse@broomecounty.us).

### 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. Advanced registration is required by the first week of November.



### Zoom Chair Exercises

**Mondays-Thursdays, 10-10:30 am**

Participate in gentle exercises with the use of a chair. Join with Zoom video or with a basic phone line for audio only.



### Zoom Telehealth Education with Binghamton University Students

“Managing Blood Pressure”

Friday, October 23, 10:30-11 am



### Zoom Presentation w/BC Transit “Safety Through Your Driving Years”

**Wednesdays in October, 10-11 am**

You will only need to attend one of these presentations on any Wednesday in October that is convenient for you.



### Eastern Broome Coffee Chats

Hope to Hear You There!

**Thursdays in October, 10-10:45 am**

October's calls will feature your favorite recipe swaps.

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.**

### Join the Office for Aging Autumn Walking Challenge –

**It started on September 21, and it will end on Friday, October 30.**

It's not too late to sign up! 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.



### Halloween Evening Meal

**Drive Thru at Eastern Broome  
Tricks, Treats & Festivities Await You!  
Thursday, October 15, 4 pm**

Our to-go meal features roast turkey, mashed potatoes, peas and pumpkin pie for dessert. Make your reservation by 10/14 at 12 noon.

Broome County

Office for Aging



# 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> )		<b>Roast Turkey 10/1</b> Mashed Potatoes Peas & Corn Pumpkin Cookie		<b>Rotisserie Chicken 10/2</b> <b>OR Salmon Patty w/Dill Sc.</b> Seasoned Couscous Carrots Fresh Banana	
<b>Beef Stroganoff 5</b> <b>Over Buttered Noodles</b> Carrots Fruit Cup	<b>Rotisserie Chicken 6</b> <b>OR Halupki w/Tomato Sc.</b> Mashed Potatoes Broccoli Strawberry Mousse	<b>Pub Burger OR 7</b> <b>Breaded Fish Sandwich</b> Baked Beans Baked Potato Chocolate Pudding	<b>Penne Pasta 8</b> <b>w/Meatballs</b> Spinach Applesauce Muffin	<b>Broiled Fish w/Lemon 9</b> <b>OR Swiss Steak</b> Buttered Noodles Peas Cranberry Orange Bar	
<b>Meatball Sub 12</b> Wax Beans w/Parsley Fruited Yogurt Cup Snickerdoodle Cookie	<b>Macaroni &amp; Cheese 13</b> Italian Green Beans Stewed Tomatoes Frosted Banana Cake	<b>Herb Rubbed Pollack 14</b> <b>OR Herb Chicken Thigh</b> Roasted Potatoes Carrots Cinnamon Apple Slices	<b>Chicken Salad OR 15</b> <b>Ham &amp; Swiss Croissant</b> Macaroni Salad Diced Peaches Double Chocolate Cookie	<b>Chinese Pepper Steak 16</b> <b>OR Lemon Pepper Pollock</b> Mashed Potatoes Sonoma Blend Vegetables Mandarin Oranges	
<b>Bacon Cheddar 19</b> <b>Omelet Bake</b> O'Brien Breakfast Potatoes Fruit Cup Blueberry Muffin	<b>Chicken Salad 20</b> <b>Croissant</b> Cottage Cheese Gelatin Chocolate Chip Cookie	<b>Roast Turkey 21</b> Apple Bread Stuffing Winter Squash Pumpkin Crisp	<b>Liver w/Onions OR 22</b> <b>Rotisserie Chicken</b> Mashed Potatoes Peas Pineapple Tidbits	<b>Meatloaf w/Gravy 23</b> <b>OR Broiled Fish w/Lemon</b> Scalloped Potatoes Green Beans w/Mushrooms Lemon Poppyseed Muffin	
<b>Chicken a la King 26</b> <b>Over a Biscuit</b> Broccoli Florets Cinnamon Apple Slices	<b>Meat Lasagna 27</b> <b>w/Tomato Sauce</b> Spinach Gelatin	<b>Kielbasa w/Onions OR 28</b> <b>Halupki w/Tomato Sc.</b> Mashed Potatoes Peas & Carrots Fresh Banana	<b>Spinach Parm Pollock 29</b> <b>OR Herb Chicken Thigh</b> Brown Rice Pilaf Sonoma Blend Vegetables Vanilla Pudding	<b>Beef Stroganoff 30</b> <b>OR Citrus Rubbed Pollack</b> Seasoned Couscous Carrots Carnival Cookie	