



# Northern Broome Senior Center

12 Strongs Place, Whitney Point, NY 13862

(607) 692-3405

Open Weekdays for Curbside Meal Pickup  
(Phone/Lunch Reservations by Noon the Day Before)

Site Supervisor: Desirae Peterson



## OCTOBER

Website  
NorthernBroomeSeniors.org

**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.

**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**

 **Northern Broome Coffee Chat Calls with Desirae  
Hope to Hear You There on Fridays, 10-10:45 am  
October's Calls will Feature Recipe Swaps!**

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 morning, 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 grab a pen and paper to jot down good recipe ideas!**

 *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.

 **Halloween Evening Meal Drive Thru  
Tricks, Treats & Festivities Await You!  
Tuesday, October 13, 4 pm at Northern Broome**

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

**Spaghetti Dinner To-Go Fundraiser  
for Northern Broome Senior Center  
Tuesday, October 27, 4:30-6:30 pm  
\$8/adult and \$5/children 10 & under**



Enjoy a homemade dinner cooked in our kitchen, including spaghetti and meatballs, salad, bread, and Cherries Jubilee for dessert!  
Call the center to reserve your meals by 10/22.

 **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.

**National Rural Health Day is Thursday, November 19**  
Northern Broome CARES, a program of the Rural Health Network of SCNY, invites you to join in. “Celebrate the Power of Rural” by honoring the selfless, community-minded, “can do” spirit that prevails in rural America, and bring to light the unique healthcare challenges that rural people and communities face.

*More information on this day will come through Meals on Wheels and Northern Broome Senior Center's to-go meal program.*