



Broome County Office for Aging 

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



OCTOBER 2020

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.

Flu Shots Available thru Lourdes Medical Mobile Unit

- October 1, 11 am-1 pm, Johnson City Senior Center Lot
- October 8, 11 am-1 pm, Vestal Senior Center Lot

All those interested: Please contact your local senior center site supervisor for a paperwork packet prior to getting your shot.

FOR ALL CLASSES LISTED BELOW:
Please sign up in advance
by calling Sofia at 778-2115 or email 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.

 **Halloween 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 10/30, 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.

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