



Visit Our Website at www.gobroomecounty.com/senior

Bandera Family Delivers Christmas Day Meals



The Bandera Family and their dedicated volunteers have a long tradition of serving thousands of meals throughout the community on Christmas Day. Many Bandera Family Christmas Day meals are delivered to the doors of people who have difficulty leaving their homes. In 2019, the Bandera family is continuing the tradition.

If you are unable to leave your home, you can order a festive Bandera Family meal with all the trimmings to be delivered to you by volunteers on Christmas Day – Wednesday, December 25. For those who participate in Meals on Wheels, note that while the Meals on Wheels program will be closed, the Bandera Family Meal is available.

The “2-1-1 / First Call for Help” call center will take reservations for the Bandera Family Christmas Day meals. To request a meal, call “First Call for Help” by dialing either 2-1-1 from a landline, or 1-800-901-2180 from a mobile phone, beginning Monday, December 2 at 8 am. Tell the operator that you would like a home-delivered Christmas Day meal. Reservations will be taken M – F, 8 am – 5 pm. Reservations must be made by 5 pm on Monday, December 23.

Special Luncheons to Celebrate the Holidays!



Andy Williams sang in 1963, “It’s the most wonderful time of the year!” So, mark your calendars and bring family and friends to one of the Broome County senior centers as part of your celebration this season! Listed below are details about upcoming festivities at participating senior centers.

Holiday Luncheon and Entertainment ■ Wednesday, December 18 (Thursday, Dec 19 in Deposit)
Enjoy a festive luncheon including roast beef with gravy, mashed potatoes with gravy, Monte Carlo blend vegetables and strawberry shortcake for dessert.

Entertainment schedules on this day are as follows:

Broome West: Maine Endwell High School Jazz Ensemble, 10:30 am

Eastern Broome: Pianist and Vocalist Adrian Skarvinko, 9 am – 2 pm

First Ward: Singer Ryan Wilson, 12:15 pm

North Shore Towers: Music by New Appalachia, 10:45 am

Vestal: Pianist Gail Jones, 11:30 am

Guests age 60+ and spouse of any age may dine at the Holiday Luncheon for a suggested contribution of \$4.25. All others may dine for a charge of \$5.25.

New Year’s Eve Luncheon and Entertainment ■ Tuesday, December 31

Join us as we ring in the New Year! The luncheon menu includes a choice of roast pork with gravy or herb chicken thigh with gravy, herb roasted potatoes, brussels sprouts and an orange cranberry bar for dessert.

Entertainment schedules on this day are as follows:

Broome West: Music by Ralph Muro, 11 am

Eastern Broome: Music by Gary Teed & Co., 9 am – 2 pm

North Shore Towers: Music by Dan & Leah, 10:30 am

Guests age 60+ and spouse of any age may dine on New Year’s Eve for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50.

For both luncheons, be sure to make your lunch reservations by 12 pm one day in advance. Phone numbers can be found in the “Look What’s Happening at the Centers” section on the back pages of this issue.

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

*Celebrate,
Appreciate*

SUPPORT-A-SENIOR CAMPAIGN



Doris is the type of person who was always quick to give to others. She was often the first to volunteer to help out the community, but now she needs your help. Meals on Wheels is a lifeline to Doris and other older adults like her. Not only does it provide an essential nutritious meal since Doris can no longer grocery shop or safely cook for herself, it is also a daily safety check to ensure she is doing well at home. Please consider a small or large donation to provide meals for wonderful seniors like Doris. With the coming winter, your donation provides a tremendous support in the life of a Broome County senior.

In addition to the Meals on Wheels program, there are many other worthwhile programs you can support such as our social adult day program, accessible transportation, in-home care program, caregiver services, or leave it up to us to decide where the need is greatest.

Loving donations can be made in honor of someone for the upcoming holidays, special occasion or anytime. Let us know who you are donating in honor of and an acknowledgement of your gift will be sent to them.

Donations can be made by check to "Office for Aging" and sent to Support-A-Senior, Broome County Office for Aging, P.O. Box 1766, Binghamton, NY 13902. In the memo line of your check, please indicate which program you would like to support and the name/address of the person your donation is "in honor of" if applicable.

If you prefer to donate by credit card/online, go to the website below and please note that there is a processing fee for credit card donations. <https://www.govpaynow.com/gps/user/plc/9232>

Thank you for helping to Support-A-Senior!

Broome County
Office for Aging 

Winter Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 5

E	R	C	U	Z	R	E	B	M	E	C	E	D	O	T
D	R	A	Z	Z	I	L	B	P	P	O	R	E	Z	S
W	E	H	E	L	C	F	Y	L	L	I	H	C	R	O
Y	A	C	G	L	A	R	J	W	G	A	E	K	U	R
Y	C	S	G	A	B	U	U	W	N	T	O	M	U	F
F	V	B	N	B	H	I	B	E	R	N	A	T	E	Z
N	T	T	O	W	S	T	N	J	Z	F	K	B	K	W
P	E	J	G	O	P	C	F	T	A	C	R	B	J	X
S	B	E	K	N	R	A	R	E	T	N	I	W	W	D
U	N	U	R	S	E	K	V	L	C	O	C	O	A	H
A	V	E	K	G	P	E	X	A	Y	R	R	V	Y	C
B	D	E	T	C	R	F	I	R	E	P	L	A	C	E
H	E	K	H	T	T	E	F	E	C	X	O	X	L	P
W	V	C	R	M	I	R	V	E	C	K	R	D	E	T
H	Q	C	I	O	K	M	U	E	G	X	N	E	F	A

- Blizzard
- Chilly
- Cocoa
- December
- Eggnog
- Evergreen
- Frost
- Fireplace
- Fruitcake
- Hibernate
- Ice
- Mittens
- Snowball
- Winter
- Zero

Solar for All

Saving You Money and Providing Clean Energy in New York State

If you have ever driven past a field of solar panels, you may have wondered why they are there and whom they benefit. These solar farms – called community solar – are harnessing the power of the sun to provide energy to nearby communities. The Solar for All program gives income-eligible New Yorkers the opportunity to take advantage of this energy **AND save up to \$180 annually – no sign-up costs, no monthly fees, no installation hassle, and no payments whatsoever.** Solar for All is a New York State utility bill assistance program where monthly bill credits save you on average \$5-15 per month. You will receive a credit on the same electric bill you already receive, without changing your electric utility. You can cancel anytime without penalty or payment. So, sit back and start saving when you participate in community solar.

You may be eligible to join if you:

- Rent or own your home
- Are a veteran receiving disability benefits
- Are on a fixed income
- Earn a minimum wage
- Participate in HEAP, SNAP, TANF, or other electric bill assistance programs

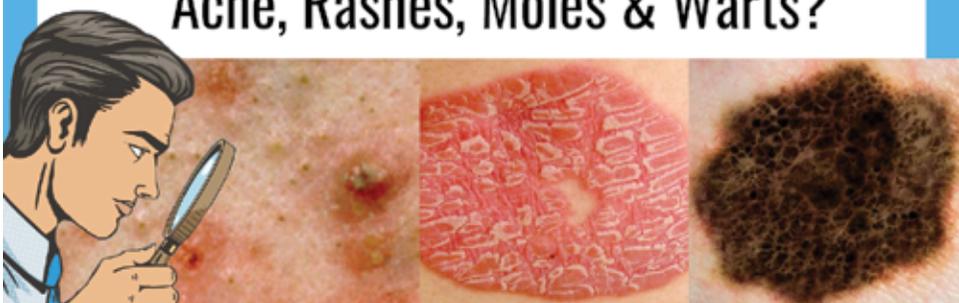
TO APPLY:

- You will need your most recent electricity bill
- Documentation of income eligibility
- You will receive an eligibility notification within a few days of submitting your application

For questions about Solar for All, or to request a paper application, call 1-877-NYSMART or apply online at <https://www.nyserda.ny.gov/All-Programs/Programs/NY-Sun/Solar-for-Your-Home/Community-Solar/Solar-for-All>

“Kindness makes you the most beautiful person in the world, no matter what you look like.”
Anonymous

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- + Psoriasis and Rosacea
- + Eczema Including Hands
- + Teen and Adult Acne
- + Cyst Removal
- + Suspicious Spots
- + Skin Cancer
- + Skin Tags
- + Nail & Fungus Problems

Eric A. Dohner M.D.
Stan Anderson P.A.
Anne St. Pierre N.P.

"I had a skin rash that you were able to help and improve quickly. I would highly recommend New York Skin & Vein Center for any dermatology issues. Your office has been great with fitting me in when any dermatology problems have occurred."
-Carol N.

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607.770.1817

More Info at NYSVC.com



We See Children and Babies Too! 

Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

The Bone Builder Exercise Program: How It Can Benefit Caregivers

Date: Wednesday, December 11
Time: 1:00-2:00 PM
Location: Broome West Senior Center
2801 Wayne Street, Endwell
Presenter: Debra Kerins, RSVP
Program Director and Bone
Builder Instructor

As a caregiver, it's important to stay healthy and strong. The Bone Builder exercise program is one way to do this.

Bone Builder is a gentle routine that provides strength training done slowly with hand and ankle weights. Balance training to prevent falls and flexibility training are also provided. Regular Bone Builder participants report feeling stronger, having better balance, flexibility, energy and stamina to complete everyday chores. Bone Builder is also a great way to reduce the risk of developing Osteoporosis, a bone thinning condition that can cause fractures in the hips, wrists, ankles and spine.

Come prepared to participate in this demonstration by wearing sneakers and comfortable clothing.

Pre-registration is requested;
please call (607) 778-2411

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required.

Place: Stay Healthy Center
Oakdale Mall, Johnson City
Date: Monday, December 2
Time: 1:00-2:30 PM

Place: Broome West Senior Center
2801 Wayne Street, Endwell
Date: Wednesday, December 18
Time: 9:30-11:00 AM

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Scam of the Month

Romance Scams

The time between the holiday season and Valentine's Day is often the time people may find a new romance. However, when entering any new and exciting relationship, we must be mindful of the potential for "romance scams." Romance scams occur mostly through online relationships. These scammers build an emotional connection with the victim while not actually wanting a real relationship. Aside from targeting people on dating websites, romance scammers frequently use Facebook and other social media sites to win a victim's attention and trust, convince him or her to start a romantic relationship, then later coerce the victim into surrendering money or personal information. Both men and women are targeted.

Below are some warning signs that you may be a victim of a romance scam. Beware if your new online romantic interest:

- asks you to give or loan money or share your credit card number—even if they promise to pay you back.
- asks you to open a new joint account or co-sign a loan.
- asks for access to your bank accounts.
- asks you to sign documents giving up control of your finances or house.
- expects you to purchase extremely expensive gifts, especially gift cards.
- always has an excuse when you ask to meet in person.

If you become involved with someone you met online who refuses to meet in person no matter what, it is nearly certain to be fraud. Do not provide money, or personal or financial information, no matter how tempting. If the person has sent photos, check them. Use a search engine that can reliably identify pictures. Tin Eye is one example, and Google's "search by image" feature is another. If the person's photo appears with other names and on websites other than the one where you met, it is very likely to be fraudulent. Report online romance scams to www.FTC.gov/complaint and to the social media or dating site where you first met the scammer, so the sites are made aware of the threat.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at (607) 778-2411.

From the Editor By Emma Saeger

Have you appreciated? I am not asking if you have felt appreciated by others, but have you, yourself, appreciated?

To appreciate means to recognize the full worth of something; to understand and fully realize the implications that come along with it. To appreciate can also mean to be thankful. A less-commonly used, yet significant meaning of the word "appreciate" is to increase in value over time. So, through the course of your life, have you appreciated?

As time passes, we all experience situations which we learn from. We may gain knowledge, wisdom, resolve, or better judgment for the future. Are you the same person you were 10 years ago? 20 years? 30? Reflect on the variety of experiences, good and bad, you have had throughout your life, and consider how they have affected and molded you into the person whom you have become. Think of all the important wisdom you have gained and can now impart to others, and how your life has been enriched over your years. You just might find that you have, indeed, appreciated in value over time!

This month's theme is "Celebrate, Appreciate." Of course, there is much to celebrate in the holiday season, but it is my hope that you will not forget to appreciate. Realizing your own value in your family and in your community, as well as the value of others, is the first step.

Wishing joyous holidays and a bountiful 2020 to all.



AARP, Endicott Chapter

Contact: Marilyn 748-8849 or
Betty 354-4260

December 2
Christmas Wonderland
Holiday Spectacular
Wind Creek Event Center,
Bethlehem, PA

Eastern Broome Senior Center

Contact: Arlene, 759-6306

December 3
The Jersey Tenors Holiday Show
Villa Roma Resort, Callicoon, NY

Johnson City Senior Center

Contact: Kim, 797-3145

December 3
Longwood Gardens & Koziar's
Christmas Village
Kennet Square, PA & Bernville, PA

January 9
Trip Fair, 1:00 pm
Attend to learn about Johnson
City's 2020 trip schedule.

Declutter by Consignment?

Sometimes the way to find the "best location" for our unneeded furniture and belongings is to sell them at a consignment shop. The shop takes a percentage of the sale; all you do is to get the items to the shop. Learn more on Tuesday, December 10 at 3 PM at Broome West Senior Center, 2801 Wayne St, Endwell. No reservations are necessary.

Senior Center Holiday Closings



Broome County Senior Centers
will be closed on Wednesday,
December 25, in observance of
Christmas Day.

Broome County Senior Centers
will be closed on Wednesday,
January 1, 2020, in observance of
New Year's Day.

HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability.

Monday	11:00 am	First Ward Senior Center (Binghamton) - \$5 charge
Wednesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpurville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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*Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Children in Broome County Need Your Help!

Become a Foster Grandparent

Michael was in kindergarten. He had a speech impairment and a troubled home life. He could not focus on the teacher's lessons. It was difficult for the teacher to give Michael the extra attention that he needed while addressing the needs of all the other children in the classroom. Michael became frustrated and responded by disrupting everyone in his class.

Michael was fortunate to have a Foster Grandparent come to his classroom. "Grandma" was able to give Michael the individual attention he needed by providing emotional and academic support. "Grandma" gave Michael one-on-one help with his lessons, helped him make friends in the classroom and gave Michael much-needed hugs when he asked for them. Michael is now doing better in class, making progress both academically and socially. The teacher and the rest of the class are happier, too.

Michael is just one of many children in Broome County classrooms who need your help. As a Foster Grandparent, you will help children with exceptional needs in elementary schools, Head Start programs and daycare centers. You will encourage children to learn and build relationships with their classmates and teachers. You will be a valued part of the school community and you will enjoy the incredible feeling of being a special person to a child.

If you are income-eligible, you could receive a stipend of \$2.65 for each hour that you volunteer, travel reimbursement and a free lunch at school each day. To learn more about how you can help children in Broome County schools, call the Foster Grandparent Program staff at (607) 778-2089.

"You cannot do a kindness too soon because you never know how soon it will be too late."

Ralph Waldo Emerson

EVENTS at the CENTERS

Christmas Card Party

Wednesday, December 4,
9:30 am - 10:30 am

Northern Broome Senior Center

Enjoy cookies and coffee as you fill out your Christmas Cards! Cards provided.

Pizza or Chef Salad Lunch & Bunko Dice Game

Friday, December 20, 11:30 am

Vestal Senior Center

Your choice of pizza or chef salad for lunch, followed by a friendly game of Bunko!

First Ward Chorus Christmas Concert

Friday, December 20, 1:30 pm

First Ward Senior Center

The First Ward Chorus performs holiday favorites at their annual Christmas concert.

Evening Dining & Entertainment

Thursday, December 12, 5 pm

North Shore Towers Center

Enjoy a delicious evening meal followed by entertainment!

Holiday Music

by Saxophonist Dan Bolten

Friday, December 13, 11 am - 1 pm

Broome West Senior Center

Enjoy a selection of the tunes of the season played by saxophonist, Dan Bolten.

Holiday Dance with Blue Velvet Band

Sunday, December 1, 2 pm - 5 pm

Johnson City Senior Center

Dance your heart out at this special holiday-themed dance, with music by the Blue Velvet Band.

Evening Dining

w/Orange Blossom Special

Thursday, December 12,

doors open 3:30 pm

Eastern Broome Senior Center

Share supper and socialize while you enjoy the tunes of Orange Blossom Special!

Christmas Bazaar

Thursday, December 5, 10 am

Deposit Senior Center

Do some holiday shopping as you browse the selection of items made by members of the center.

Healthy Eating During the Holiday Season?

Is it even possible to keep up with a healthy eating pattern during the holidays? Sure, it is! And you can do it without much effort. Indulging a little, here and there, won't hurt—and enjoying the holiday season is a must! Have holiday treats in smaller portions and make healthy substitutions where you can. Here are a few easy tips:

Embrace the season. Enjoy the festive holiday fare you can't get any other time of year, like stuffing, pumpkin pie or holiday cookies. Have those special foods in small amounts, but avoid things you can get all year, like mashed potatoes or candy bars.

Give in. If a tiny portion of pie won't cut it, then eat a full slice, just this once. But consider leaving the crust, which is filled with saturated fat and calories.

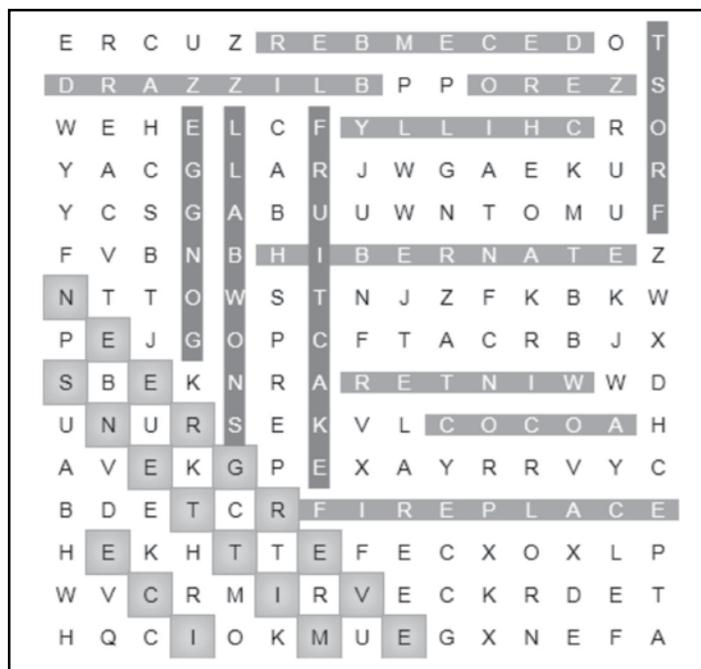
Get chatty. Look for chances to catch up with people you haven't seen in a while. Focus on conversation, and you'll eat less. Visit one of the local senior centers listed on the back pages of this publication. You may find friends you haven't seen in years!

Use the buddy system. By splitting a dessert with someone, you can cut the calories and fat in half. It's a win-win!

Add some flavor. When cooking at home, use extracts like vanilla, almond and peppermint to add flavor, instead of extra sugar or butter.

Get active. Instead of just sitting after a big meal, bundle up and head outdoors for some fresh air. Walking is an activity most everyone can enjoy! If you can't get outside to walk, call the Office for Aging at (607) 778-2411 for information on the Winter Indoor Walking Program, or check out page 4 of this publication for exercise classes offered at your local senior center. Grab a friend, take an exercise class together, and then enjoy a delicious lunch and some chatting!

Winter Word Search Answers



CUTE PET PHOTO CONTEST

There's still time to cast your vote!

Office for Aging's Cute Pet Photo Contest is well underway—but there is still time to vote! Photo submissions were accepted between November 18 and 22. To cast your vote for the cutest, most "purr-fect" pet, visit www.facebook.com/BroomeCountyOfficeForAging to "like" the photo of the pet you think is the cutest! Voting ends December 4.

Like Us! Follow Us!
 Don't miss out on any Office for Aging events & news!

Like our Facebook page: www.facebook.com/BroomeCountyOfficeForAging/

Follow us on Twitter: <https://twitter.com/BroomeCountyOFA>

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Hamilton House Apartments Binghamton NY 607-724-6102	Watkins Glen School Apartments Watkins Glen NY 800-838-0441	
Harry L Apartments Johnson City NY 607-217-7332	Wells Apartments Johnson City NY 607-797-8862	
Kime Apartments Great Bend PA 570-879-4944	Whitney Point Apartments Whitney Point NY 607-692-2609	
Marian Apartments Endwell NY 607-785-5223	Windsor Wood Apartments Windsor NY 607-655-4191	

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OFA Q&A

QUESTION:

I'm having a hard time getting to doctors' appointments and social events now that I am not able to drive. Can the Office for Aging provide information that will help me get around?

ANSWER:

Yes! The Office for Aging (OFA) provides transportation through the OFA Mini-Bus, Monday through Friday between 8:00 am and 4:00 pm. The OFA Mini-Bus is a transportation service for Broome County residents age 60 and older and is operated by BC Transit. The Mini-Bus provides curb-to-curb service for those in the service area. Curb-to-curb service means the bus will pick you up at the curb at your home or other point of origin and drop you off at the curb at your destination.

What You Need to Ride: To ride the OFA Mini-Bus, you must have an Office for Aging ID Card. You can request an Office for Aging ID Card application by calling (607) 778-2411, or by visiting www.gobroomecounty.com/senior/idcard. Complete the application, check the transportation box, and return the application to the address below. Your ID card will be mailed to you.

Broome County Office for Aging
60 Hawley Street, P.O. Box 1766
Binghamton, NY 13902

Making a Bus Reservation: Reservations can be made over the phone by calling Broome County Transit at (607) 763-8747, extension 2; Monday through Friday from 8:00 am to 4:00 pm. Reservations must be made at least one business day ahead of your appointment. Also, it's important to reserve a return ride if you will need one.

How Much Does it Cost? With an Office for Aging ID Card, you can voluntarily contribute \$2.00 per each one-way trip. Riders with an OFA ID card will not be denied service due to an inability to contribute. Your reservation may include 1-2 guests. Guests under the age of 60 are charged \$3.00 for each one-way trip.

"OFA Q & A" is a monthly column addressing frequently-asked questions and topics of interest to seniors and those who care for them.

Festive Turkey Salad (Serves 4)

Here's a creative way to use some of your holiday leftovers!

INGREDIENTS

- 1 tablespoon each of vinegar, lime juice & olive oil
- 1 cup cooked wild or brown rice
- 1 cup chopped cooked skinless turkey breast
- 1/4 cup unsweetened dried cranberries
- 1/2 bunch chopped green onions
- 1 cooked sweet potato, cut into cubes

DIRECTIONS

1. In a small bowl, whisk together the vinegar, lime juice and oil. Set aside.
2. In a large bowl, stir together the rice, turkey, cranberries, green onions and sweet potatoes. You can also add any other fresh veggies that you have on hand.
3. Pour the dressing over the salad, tossing to coat.
4. Cover and refrigerate until serving time.

PAID ADVERTISEMENT

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

167 Clinton Street, Binghamton, NY

You pay only for materials.

Labor is provided free of charge to eligible home owners.

- | | | |
|-----------------|----------------------|------------------|
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Call 772-2850 For Details

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Tired of Varicose Veins?

We Have the Solution!

"I had my veins done with Dr. Dohner recently. It was so easy, no down time. I am a waitress and I took the next day off of work, but honestly I didn't even need to. The staff at New York Skin and Vein Center are incredible! I highly recommend going to see them."

-Julie S.



Do You Experience:

- | | |
|-----------------------|---------------------|
| + Heavy, Tired Legs | + Itching or Rashes |
| + Aching or Throbbing | + Swelling |
| + Ulcers or Clots | |
| + Cramping | |

We Will Help You!

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*Ask about our Saturdays too!



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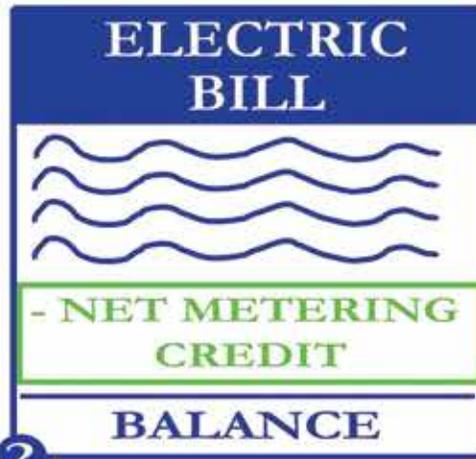
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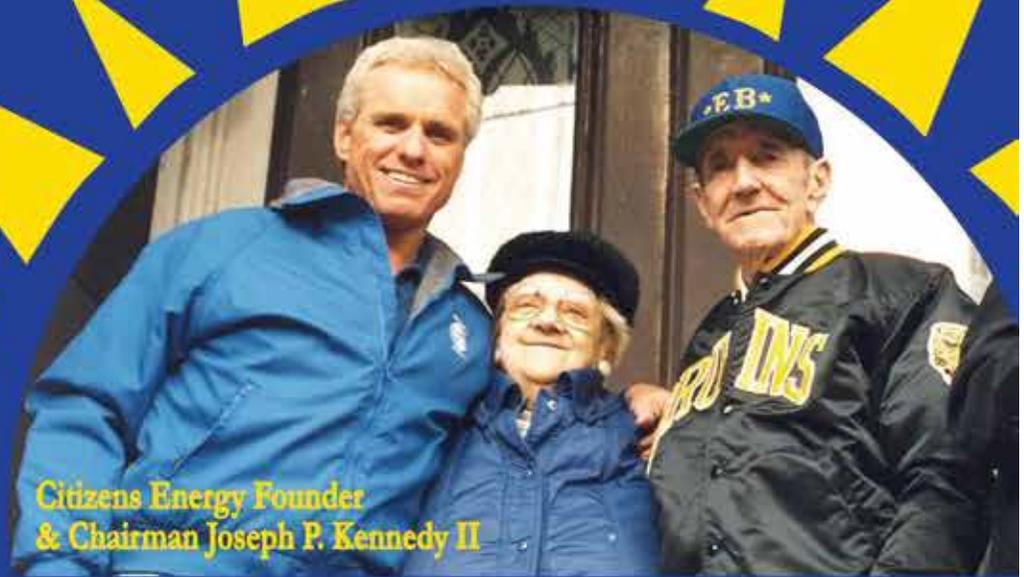


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Walk Indoors with Us This Winter

The Broome County Office for Aging and local school districts have teamed up to offer people age 60 and older indoor walking during the winter months.

Sites are open now through April 30, 2020. Senior citizens can walk through the hallways at designated sites only during scheduled times, Monday through Friday, except where otherwise noted. Whenever schools are closed, such as on holidays and snow days, the walking program will not be held.

A registration form is required to walk. Registration packets and incentive sheets are available online at www.gobroomecounty.com/senior/healthed or by calling the Office for Aging at (607) 778-2411.

Walking Sites

Walking Sites	Times
East Middle (Binghamton)	6:00-7:30 AM
Roosevelt Elementary (Binghamton)	3:15-4:00 PM
West Middle (Binghamton)	7:00-7:30 AM & 4:30-5:00 PM.
Chenango Forks High	3:00-4:00 PM
Chenango Valley High	6:00-8:00 PM T, W, Th
Deposit Elementary	3:00-4:00 PM M & F
*Jennie F. Snapp Junior High (Endicott)	3:00-5:00 PM
TJ Watson Elementary (Endicott)	7:00-8:00 AM
Highland Park Gymnasium (Endwell)	7:00-9:00 AM
Vestal Old Junior High	8:00-9:00 AM
*Vestal High	6:00-7:00 AM
Brookside Elementary (SV)	7:00-8:00 AM
Susquehanna Valley High	7:00-7:45 AM
Floyd Bell Elementary (Windsor)	7:30-8:30 AM & 3:45-7:45 PM
Alice Freeman/Palmer Middle (Windsor)	7:00-7:30 AM & 3:45-6:30 PM
Caryl Adams Elementary (Whitney Point)	3:30-5:00 PM

*Jennie F. Snapp – for security reasons you must enter the school at the Loder Avenue entrance between 3:00-3:30 PM, but you can walk until 5:00 PM

*Vestal High School – please note these specific dates that the high school will be unavailable: 11/5/19, 11/11/19, 11/27-29/19, 12/23-1/1/20, 1/20-24/20, 2/14/20, 2/17/20, 3/12/20, 3/13/20, 4/6-4/13/20.

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In honor of the giving season, **Tri-City Hearing** wants to give away a pair of hearing devices to someone in need for our 2nd annual Give the Gift of Better Hearing event.

If you know of someone in our community who could benefit from improved hearing, please submit your nomination for a free pair of premium hearing aids.

Let's help others this holiday season by giving them the gift of better hearing. Call us at **(888) 318-2789** to learn more.

Email your story to giftofhearing@cortlandhearingaids.com, mail to the address below, or submit on www.cortlandhearingaids.com.

DEADLINE:
 DECEMBER 6TH, 2019



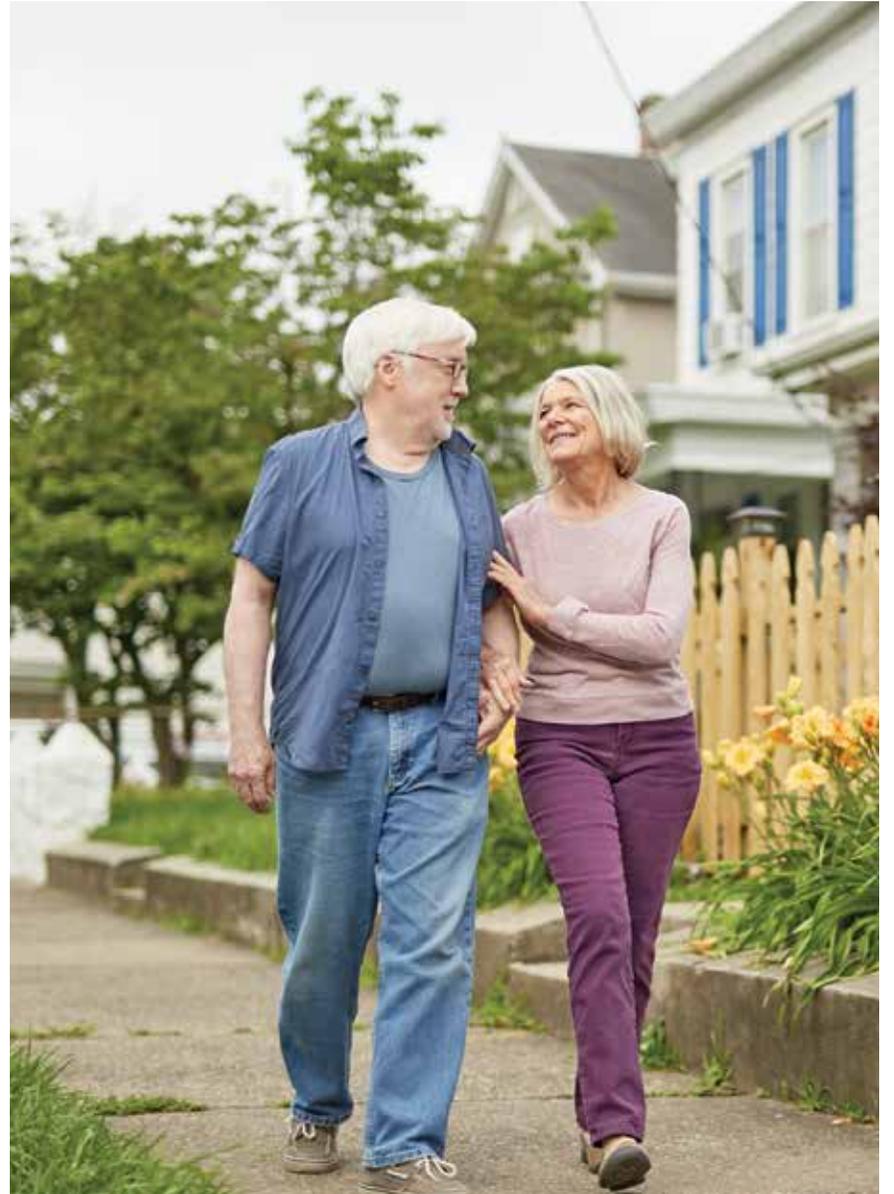
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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)

Y0040_GHHXCFEN20_M

Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760

Center Hours: Mon - Fri, 9:00am - 3:00pm

Lunch served at Noon call 785-1777

Breakfast for Lunch: Mon 10:30am - 12:30pm

Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4

Daily: Wii, Cards, Billiards, Shuffleboard

M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am

T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;

W: Bingo 9:30 am; Scrabble 12:30 pm; Pinochle 12:30 pm;
Floor Shuffleboard 12:45 pm; Beginners Canasta, 1 pm

Th: Social Connections 1-2:30 pm

F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

Mondays: Blood Pressure Monitoring, 11 am – 12:30 pm; Hand & Foot Card Game, 11 am – 3 pm

12/2 Presentation for Caregivers by Homesteads, LLC, 11 am

12/3 Legal Aid Society Appointments with a Lawyer,
9:30 am – 11:30 am (*call for appt.*)

“Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 11 am

12/4,5,6 Burger Bar, 11:30 am

12/6 Christmas Line Dance Show, 11 am

12/9 Breakfast Special: Breakfast Frittata, 10:30 am – 12:30 pm
Bark-9 Therapy Dogs Visit, 12:30 pm

12/10 Downsize & Declutter Discussion, 3 pm – 4:30 pm

12/11 Bright & Beautiful Therapy Dogs Visit, 12:30 pm
Office for Aging Caregiver Services: “Bone Builder Exercise Program,” 1 pm – 2 pm

12/13 Holiday Saxophone Music by Dan Bolten, 11 am – 1 pm

12/16 Holiday Music & Singing by “No Vacancy,” 11 am – 12:30 pm

12/18 Caregiver Chat Group, 9:30 am – 11:30 am

Holiday Luncheon w/music by Maine-Endwell H.S. Jazz Ensemble, beginning 10:30 am

12/19 Philly Cheesesteak Day
w/Marian Tewksbury & Bill Salvemini, 11 am – 12:30 pm

12/23 Breakfast Special: Belgian Waffles w/Strawberry Topping,
10:30 am – 12:30 pm

“Wildlife in Winter” Presentation by Photographer Rick Marsi, 12:30 pm

12/31 New Year's Eve Luncheon w/entertainment by Ralph Mauro, 11 am

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)

Center Hours: Tues & Thurs, 9:00am - 2:00pm

Lunch served at 12:30 pm

Weekly Activities (call for info):

T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am

T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

Tuesdays: Bingo, 1 pm: 12/3 Nickel; 12/10 Bag; 12/17 Quarter;
12/24 Nutrition; 12/31 Special Prizes
Craft Making, 10:30 am

Thursdays: Chair Exercises, 11 – 11:30 am

12/5 Christmas Bazaar, 10 am

12/10 Holiday Cookie Baking w/Deposit High School students, 9:30 am
Emergency Preparedness Presentation
w/Delaware County Office for Aging, 10:45 am
Holiday Ornament Craft, 11 am

“Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 11:30 am
Blood Pressures w/Sandy, 11:30 am

12/12 Deposit H.S. Horticulture Class brings Poinsettias, 11:15 am
Deposit Elementary School Choir performs, 11:15 am

DEPOSIT continued

12/17 Southern Tier Food Bank at the Deposit Fire Station, 11 am
Off-site Christmas Party Luncheon at Little Italy Restaurant
(call for info.), 12 pm

12/19 Holiday Luncheon, 12:30 pm

12/31 New Year's Eve Luncheon, 11:45 am

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787

Center Hours: Mon - Fri, 9:00am - 2:30pm

Lunch served at Noon

Breakfast: Tues, 8 - 9:30 am

Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm

Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm

Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4

Daily: Computers, Coffee Hour, Cards, Billiards

M: Wii Practice/Play 9-11 am, Shuffleboard 10 am

W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am

Th: Acrylic Painting 9 - 11 am

F: Shuffleboard 9:15 am

Special Activities

Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)

Thursdays: Golden Griddle Special: *Hot Open-Face Turkey & Gravy Sandwich w/Veggie*

12/2,9,

16,23,30 Chair Yoga w/Sheila, 9:30 am – 10:30 am

12/3,17 Chop & Chat (*reservations required*), 9:45 am – 10:45 am

12/4, 6 Burger Bar, 11:30 am – 12:30 pm

12/5,19,26 Bingo for Prizes, 11:45 am – 1 pm

12/5 “Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 1 pm

12/10 Annual Holiday Breakfast, 8 am – 9:30 am

12/12 Evening Dining (Rotisserie Chicken OR Broiled Fish & Éclair)
w/music by Orange Blossom Special, 4 pm

12/13 Music by Guitarist/Vocalist Ray Cuadra, 12:15 pm

12/18 Holiday Luncheon
w/music by Pianist/Vocalist Adrian Skarvinko, 9 am – 2 pm

12/19 Holiday-Themed Bingo for Prizes, 11:45 am – 1 pm

12/20 Children's Holiday Visit, 10:15 am – 11:30 am

12/23 Holiday Cookie Exchange, 1 pm

Paper Bag Auction, 1:30 pm

12/30 Horse Racing Game w/Bonnie Hill, 10 am

12/31 New Year's Eve Luncheon w/music by Gary Teed & Co., 9 am – 2 pm

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905

Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm

Lunch served at 11:45 am call 729-6214

Mondays: Breakfast for Lunch, 10:30 am- 12:00 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4

Daily: Billiards

M: Bingo 12:30 pm; Texas Hold'em 12:45 pm

T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30

W: Ceramics 9:00 am; Chorus 9:30 am

Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm

F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am

Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am

12/4 Social Club, 1 pm

12/9 Music by Scarlet Bonnets, 12:30 pm

12/11 Office for Aging Satellite Office Day (call for appt), 10 am – 12 pm
Legal Aid Society Appointments with a Lawyer (*call for appt*)

FIRST WARD continued

- 12/16 Breakfast for Lunch: Eggnog French Toast Bake, 10:30 am – 12 pm
- 12/17 “Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 11 am
- 12/18 Holiday Luncheon w/music by Ryan Wilson, 11 am
- 12/19 Philly Cheesesteak Day, 11:30 am
Music by Orange Blossom Special, 12:15 pm
- 12/20 First Ward Chorus Christmas Concert, 1:30 pm
- 12/25 through 1/1/20 Center Closed

JOHNSON CITY..... 797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Watercolor Painting 9 am; Knit/Crochet 11:30am;
 Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
 Writers’ Workshop 1 pm; Mahjong 1 pm
Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
 Group Meditation 1:30 – 2:30 pm
F: Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm

Special Activities:
 Wednesdays: Technology Assistance w/Binghamton University Students,
 11 am – 12:30 pm

- 12/1 (Sun.) Holiday Dance w/Blue Velvet Band, 2 pm – 5 pm
- 12/4, 5 Burger Bar, 11:30 am
- 12/9 Holiday Line Dance Show, 11 am – 11:30 am
- 12/10 Nutrition Education w/Cornell Coop. Extension, 11:30 am
- 12/11 “Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 12 pm
Book Club (*call for title*), 3 pm – 4 pm
- 12/13 Art Show, 10 am – 1 pm
- 12/17 Cooking Demo by Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm
- 12/18 Haircuts for Men & Women by Debbie Roberts (*call for appt*),
10 am – 11:30 am
Blood Pressure & Glucose Checks w/The Medicine Shoppe,
10 am – 2 pm
Holiday Luncheon, 11 am
- 12/19 Legal Aid Society Appointments with a Lawyer (*call for appt*),
9 am – 12 pm
- 12/31 New Year’s Eve Luncheon, 11 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon
Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm
Breakfast for Lunch: Thurs 10-12:30 pm
Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4
M: Tai Chi 9:15 am; Horse Racing (1st/3rd) 10:30 am;
 Bingo 10:30 am; Adult Coloring Class 12-2pm
T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class
 10 am-3 pm; Bridge Card Group 12 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
 Knitting 1 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure
 Testing (1st/3rd) 11 am
F: Tai Chi 9:15 am; Bingo, 10:30 am

Special Activities:
 12/2 Horse Racing Game, 10:30 am
 12/4 Christmas Card Party w/Cookies & Coffee, 9:30 am – 10:30 am
 “Liven Up Your Leftovers” Nutrition Educationw/Office for Aging, 10:30 am
 12/6 Burger Bar, 11:30 am
 Craft Class w/Denise, 1:30 pm
 12/10 Evening Dining (*Rotisserie Chicken & Pumpkin Pie*)
 w/W.P.H.S. Select Chorus, 4:30 pm

NORTHERN BROOME continued

- 12/11 Nutrition Education w/Cornell Coop. Extension, 9:45 am
- 12/13 Secret Santa Party, 1:30 pm
- 12/18 Holiday Luncheon w/Door Prizes, 11:45 am
- 12/19 Christmas Carols by Whitney Point H.S. Band, 11:30 am
- 12/31 New Year’s Eve Luncheon, 12:30 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:
Daily: Coffee 8 - 11 am, Games and Cards
M: Bingo 10 - 11:30 am
T: Wii Bowling 10 - 11:30 am
W: Dice & Card Games 10 - 11:30 am
Th: Dice & Card Games 10 - 11:30 am
F: Wii Bowling 10 - 11:30 am

Special Activities:
 Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy
 on 10th Floor, 9–11 am

- 12/2 Bingo, 10 am
- 12/3 Holiday Decorating, 10:15 am
- 12/4 Name Drawing for Secret Santa Gift Exchange, 10:15 am
- 12/5 Game Night w/SUNY Binghamton students, 5 pm
- 12/6 Holiday Decorating, 10:15 am
- 12/9 Christmas Cookie Baking for Resident Assn. Bake Sale, 10:30 am
“Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 11 am
- 12/10 Tree Decorating, 10:15 am
- 12/12 Evening Dining (Rotisserie Chicken OR Broiled Fish & Éclair)
& entertainment (*call for information*), 5 pm
- 12/13 Ice Cream Day, 10:30 am
- 12/16 “Who’s Who?” Baby Picture Game w/Prizes, 10:30 am
- 12/18 Holiday Luncheon w/music by New Appalachia, beginning 10:45 am
- 12/19 Bingo, 1 pm
- 12/24 Secret Santa Gift Exchange, 10:30 am
- 12/26 Bingo, 1 pm
- 12/27 Snowflake Day, 10:30 am
- 12/31 New Year’s Eve Luncheon w/music by Dan & Leah, beginning 10:30 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am

Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm
Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am;
 Bridge Group 9:30 am; Computer Instruction 10 am;
 Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Bridge Group 12:30 pm
F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:
 12/2, 16 Chop & Chat (reservations required), 10:30 am
 12/2 Name Drawing for Secret Santa Gift Exchange, 12 pm
 King High Card Game, 12 pm
 12/3 Pine Needle Craft w/Caryl Lukovich, 10:30 am
 12/4, 6 Burger Bar, 11:30 am – 12 pm
 12/5 Bingo, 10:15 am
 12/16 “Liven Up Your Leftovers” Nutrition Education w/Office for Aging, 10 am
 12/18 Holiday Refreshments, 10 am
 Holiday Luncheon w/Gail Jones on piano, 11:30 am
 12/19 Philly Cheesesteak Day, 11:30 am
 12/20 Secret Santa Gift Exchange, 10:30 am
 Pizza OR Chef Salad for Lunch, 11:30 am
 Bunko Dice Game, 12 pm
 12/31 New Year’s Eve Luncheon, 11:30 am

MEET, GREET & EAT

December 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.

Join us for the Holiday Luncheon At Participating Senior Centers on Wednesday, December 18th (December 19th in Deposit)

Please make your reservation by noon on Tuesday, December 17th for this festive occasion by calling the Senior Center that you would like to dine at.

For a listing of Senior Center phone numbers, please see the "Look What's Happening at the Centers" section of this paper.

Ziti Parmesan 2 Sausage Soup Banana Sherbet Cup	Chicken Thigh w/ Cranberry Glaze Or Salmon w/Dill Sauce 3 Br. Rice Pilaf, Green Beans Raspberry Fruited Gelatin w/Whipped Topping	Chicken Salad Sandwich w/Lettuce & Tomato 4 Baked Beans Ambrosia Pumpkin Cookie	Liver w/Onions OR Rotisserie Chicken w/Marengo Sauce 5 Mashed Potatoes w/Gravy Baby Carrots Butterscotch Pudding	Herb Rubbed Pollack OR Sliced Roast Beef 6 Macaroni & Cheese Spinach Cinnamon Apple Slices
American Goulash 9 Broccoli Florets Fruit Cocktail Sugar Cookie	Beef Burgundy Over Buttered Noodles 10 Caesar Salad Diced Peaches	Breaded Chicken Parm OR Halupki 11 Mashed Potatoes w/Tomato Gravy, Italian Green Beans Vanilla Cake w/Vanilla Icing	Macaroni & Cheese 12 Stewed Tomatoes Italian Blend Vegetables Pineapple & Mandarin Oranges	Roast Turkey OR Broiled Fish w/Lemon 13 Mashed Potatoes w/Gravy Peas & Carrots Butterscotch Pudding
Chicken Alfredo over Rotini Pasta 16 Green Beans w/Mushrooms Chocolate Cookie	2 Pierogies w/Onions & Kielbasa 17 Three Bean Salad Rice Pudding w/Whipped Topping	<i>Holiday Luncheon</i> Sliced Roast Beef 18 Mashed Potatoes w/Gravy Monte Carlo Vegetables Strawberry Shortcake	Rotisserie Chicken 19 Seasoned Quinoa Winter Squash Lemon Poppyseed Muffin	Salmon Patty w/Dill OR Meatloaf w/Gravy 20 Chantilly Potatoes Capri Blend Vegetables Strawberry Royal Mousse
Beef Stew over Biscuit 23 California Blend Vegetables Warm Spiced Peaches Holiday Sugar Cookie	Ham w/Cranberry Glaze OR Chicken Thigh w/ Cranberry Glaze 24 Scalloped Potatoes, Peas Gingerbread Cake	<i>Centers are Closed Happy Holidays!</i> 25	Chicken Cacciatore Over Buttered Noodles 26 Wax Beans w/Parsley Chocolate Pudding w/Whipped Topping	Breaded Fish Sandwich OR Spiedie Marinated Chicken Thigh Sandwich 27 Tomato Bisque Soup Cottage Cheese, Spiced Apples
Beef Stroganoff Over Buttered Noodles 30 Carrots Banana	<i>New Years Eve Party!</i> 31 Roast Pork OR Herb Chicken Thigh w/Gravy Herb Roasted Potatoes Brussels Sprouts Orange Cranberry Bar	<i>Centers are Closed Happy New Year!</i> 1/1	Pasta w/2 Meatballs & Tomato Sauce 1/2 Spinach Vanilla Pudding w/Cherries & Whipped Topping	Broiled Fish w/Lemon OR Swiss Steak w/Tomato Gravy 1/3 Macaroni & Cheese Peas w/Pearl Onions Vanilla Cake w/Chocolate Icing

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging

Build Your Own Burger

December 4, 5 and 6, starting around 11:30 am

Stop by a participating senior center to enjoy a delicious hamburger with all the fixings. No reservations are needed! Use your imagination and top your burger with fresh lettuce, tomato, and onion, or choose from a variety of cheeses and hot toppings like bacon and mushrooms. The possible combinations are endless. Your burger creation will also come with potato salad, ice cream for dessert, and a beverage.

Participating centers are: Broome West (12/4-6), Johnson City (12/4 & 5), Eastern Broome & Vestal (12/4 & 6), and Northern Broome (12/6).

Guests age 60+ and spouse of any age may dine for a suggested contribution of \$3.50. All others may dine for a charge of \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

Senior News Editorial Policy

All advertising is subject to approval by Senior News staff and the Broome County Office for Aging (BC OFA). The Senior News and BC OFA have full discretion in determining the types of advertising and promotions that are published. An ad's presence in the Senior News does not imply endorsement of the advertised company or product. The Senior News and BC OFA are not responsible for the content or accuracy of advertisements. Advertisers assume liability for all advertising content, including illustrations, and for any resulting claims against the Senior News and the BC OFA. Public service announcements are published on a space-available basis, subject to approval of Senior News staff and BC OFA. The Senior News does not include editorial comments from readers. For more information go to www.gobroomecounty.com/senior

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 County Office Building
 60 Hawley Street
 PO Box 1766
 Binghamton, NY 13902