



Visit Our Website at www.gobroomecounty.com/senior

Let Your Voice be Heard COMMUNITY NEEDS ASSESSMENT SURVEY

The Broome County Office for Aging is seeking your participation in a Community Needs Assessment survey to be distributed throughout Broome County starting in February of 2019. The information you provide in this survey will help guide the community planning process and improve community features for people of all ages. Additionally, the outcome of this survey will be used for the “Broome County Age Friendly Community” process.

Broome County has recognized the benefits of becoming an age-friendly community, economically, environmentally, and socially. Age-friendly communities make a commitment to actively work together toward being a great place to live for people of all ages.

The survey will be available either online at <http://gobroomecounty.com/senior> or in a paper version at a variety of community locations such as senior centers, local DMV offices and other community locations. Call Broome County Office for Aging for the complete list of locations or visit the website.

Completed paper surveys may be returned by:

- ✓ Dropping in a drop box at the location where you picked up the survey
- ✓ Mailing it to or dropping it off at the Broome County Office for Aging
60 Hawley Street, PO Box 1766
Binghamton, NY 13902
- ✓ Dropping it off at your local senior center

Thank you for supporting Broome County becoming an Age-Friendly Community.

How You Can Be Heart Smart

February is all about the heart! Valentine’s Day is a great time to show love for family and friends. February is also American Heart Month – an opportunity to show love to one of your most important organs.

It is well-known that heart disease is the leading cause of death in both men and women. Start today! You can make lifestyle changes and manage medical conditions to lower your risk of heart disease. Even if you already have heart disease, these changes are also very important.

Ways to Be Heart Smart:

- ♥ Maintain a healthy weight – see your doctor to see if your weight is in a healthy range
- ♥ Get active – this will help you keep a healthy weight and lower your blood pressure, cholesterol, and sugar levels – plus you will have more energy and feel better!
- ♥ Check out the “Move Your Way” physical activity guide at <https://health.gov/paguidelines/moveyourway/>
- ♥ Quit smoking and stay away from secondhand smoke – not sure where to start? Develop a quit smoking plan, find support and more resources www.cdc.gov/tobacco/campaign/tips/quit-smoking
- ♥ Control your cholesterol and blood pressure – talk to your doctor about how to do this
- ♥ If you drink alcohol, drink only in moderation
- ♥ Eat a healthy diet – eat lots of fresh fruit and veggies, purchase salt substitutes or other spices to season food, and limit processed foods and saturated fat
- ♥ For more information and how to eat healthy on a budget: www.choosemyplate.gov/MyPlate
- ♥ Put a sticky note on your bathroom mirror or fridge to remind yourself about any changes you want to make

More information on preventing heart disease is available at www.cdc.gov/heartdisease/prevention.htm

Senior Center Spotlight

FIRST WARD

What does a senior center look like which offers something for everyone? First Ward is a vibrant senior center in downtown Binghamton that just may surprise you.



From the modest street-level presence, you might never guess at the treasures contained inside. Located in a former gymnasium, the center boasts two-story ceilings in the main dining/dancing room, a carousel horse and disco ball overseeing activities, a craft shop featuring treasures made by members, a second-hand clothing and housewares shop, and a room with fitness equipment. There is even an elevator leading to meeting rooms, game rooms, and public computers upstairs and pool tables, shuffle board tables, and a large craft room downstairs.

There is a lot of history at First Ward – over the years, it has been a gymnastics studio, wedding venue, social club and bar. The store front previously held a barbershop and candy store.

Continued on Page 6



Be Heart Smart

**AARP TAXAIDE PROGRAM OF BROOME COUNTY NY
SITE LOCATIONS AND TIMES OF OPERATION
February 1 to April 15 - 2019**



SENIOR CENTER SITES	ADDRESS	TIMES	FOR APPT. CALL:
First Ward Senior Center	226 Clinton St. Binghamton	10:00 AM – 2:00 PM Tues, Wed, Thurs.	797-2307
Broome West Senior Center	2801 Wayne St. Endwell	10:00 AM – 2:00 PM Tues, Wed, Thurs.	785-1777
Whitney Point Senior Center	12 Strongs Place Whitney Point	10:00 AM – 2:00 PM CALL FOR DAYS	692-3405
Johnson City Senior Center	30 Brocton St. Johnson City	9:30 AM – 3:00 PM Tues, Wed, Thurs.	797-3145
OTHER SITES	ADDRESS	TIMES	FOR APPT. CALL:
Broome County Library	185 Court St. Binghamton	10:00 AM – 2:00 PM Mon, Tues, Wed, Thurs, Fri, Sat.	Call 211 OR 1-800-901-2180 8:30 AM – 4:00 PM Weekdays
Union Center Christian Church	950 Boswell Hill Rd. Endicott	3:00 PM – 6:00 PM Wed.	Call 754-8222
WALK-IN SITES	ADDRESS	TIMES	NO APPT. NEEDED
George F. Johnson Library	1001 Park St. Endicott	10:00 AM – 2:00 PM Tues. & Thurs.	
Oakdale Mall Johnson City	Harry L. Drive, Johnson City Tax Site is across from Ruby Tuesday	10:00 AM – 2:00 PM Tues, Wed, Thurs, Fri.	
Vestal United Methodist Church	328 Main St. Vestal	9:30 AM – 1:30 PM Mon, Tues, Thurs.	

IF LOCAL SCHOOL DISTRICT CANCELS CLASSES DUE TO BAD WEATHER CONDITIONS, TAXAIDE SITES IN THAT DISTRICT WILL ALSO BE CLOSED.

“Old age isn’t so bad when you consider the alternative.”
Maurice-Auguste Chevalier

Spotlight on Love and Volunteering at First Ward Senior Center

Sara Ann and Ray Nieves are both volunteers at First Ward Senior Center. That is also how they met. They married in 2013!

Sara Ann takes luncheon contributions at the desk while Ray works in the kitchen, serving up good food and good humor. They are a great example of how Senior Centers can be good for the heart!

Happy Valentine’s Day, Sara Ann and Ray!



Heart Healthy Activity - Winter Hiking

Enjoy the outdoors with a fun group hike. Winter is a beautiful time to get outside. Just be sure to dress for the weather. Hiking-Lite is one of Triple Cities Hiking Club’s three hiking levels, perfect for Seniors since it is slower paced and a shorter distance.

Every Wednesday at Jones Park in Vestal. Meet at 10am at Jones Park, located on State Line Road. Take Route 26, watch for the small sign for State Line Road on the East side of Route 26S, and turn left at State Line Road. If you drive into Pennsylvania, you missed the turn-off.

Saturday hikes are held at a variety of locations, with carpooling available. To learn more or if you have any questions, please call Mary Lou at 607-343-4985. You can also visit www.triplecitieshikingclub.org for information on these and other hiking options.

Mysterious Spot?
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Stan Anderson PA**

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Powerful Partners

Serving our communities means providing reliable, essential electricity and natural gas service. It also means investing our energy in the organizations and events that make our communities special.

We are pleased to lend our support to the Broome County Office for Aging.

18-2435

Caregiver Corner

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

Caregiver Education Presentation

Understanding and Responding to Dementia-Related Behavior

Date: Tuesday, February 19th

Time: 1:00 PM – 2:30 PM

Place: Broome West Sr Center

2801 Wayne St, Endwell

Presenter: Staff from the Alzheimer's Association, Central New York Chapter

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication and are essential to understanding the needs of the person with dementia. This presentation teaches caregivers how to decipher these behaviors as well as the best ways to respond.

Topics of discussion include how to identify common triggers for behaviors associated with dementia, the process for assessing and identifying challenging behaviors, and strategies to address some common dementia-related behaviors.

Pre-registration is requested; please call (607) 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

Place: Stay Healthy Center
Oakdale Mall, Johnson City

Date: Monday, February 4

Time: 1:00 – 2:30 PM

Place: Broome West Sr Center
2801 Wayne St, Endwell

Date: Wednesday, February 20

Time: 9:30 – 11:00 AM

Want To Advertise in the Senior News?

We Reach Over 7,000 Senior Households in Broome County!

Call 778-2411

Scam of the Month

Fake Ticket E-Mail

Whenever using the internet, you should always try to protect your personal information. Unfortunately, even when we don't directly provide personal information on the internet, our information can be at risk in other ways. There is a new email scam going around New York State where the sender is claiming to be employed by the NYS DMV. The e-mail claims that the recipient has outstanding tickets that must be paid and advises them to click on a link in the email. But by clicking on the link, their computer contracts a virus and can even be "hacked." Never click on any link that you are not familiar with and remember, only open e-mails from trusted sites or people you know!

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.

Do you have trouble reading the newspaper, recognizing faces, or traveling independently?

(607) 724-2428



Call us today and learn how we can help!

PAID ADVERTISEMENT

A Heartfelt Goodbye Senior News Designer Retirement

After 40 years working for Broome County and several decades of working on the *Senior News*, Graphic Designer Chris Heide will be retiring! Chris has been a key part of the *Senior News* being published each month. She takes a wide variety of content and fits it together like a puzzle on the pages, making sure to add fun graphic touches throughout. This is no small task, but she makes the paper look polished, month-after-month.

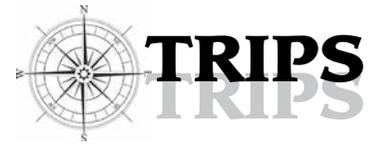
The Office for Aging is very grateful for Chris' many years of service and wishes her every happiness in her retirement where she will enjoy more time with her new grandson and family, her dog Mya, and her friends. Being the creative person she is, Chris has already found a new outlet for her talents – creating pebble art. Look for it soon at a craft show near you!

Happy Retirement, Chris!



"It is only possible to live happily-ever-after on a day-to-day basis."

Margaret Wander Bonanno



Johnson City Senior Center

Contact: Darlene, 797-3145

March 21

Yellow Brick Road Casino,
Chittenango, NY

April 9

Pizza, Cheesecake & More
Little Italy, New York City

Eastern Broome Senior Center

Contact: Arlene, 759-6306

March 7

Philadelphia Flower Show

April 3

Yellow Brick Road Casino,
Chittenango, NY

Kattelville Senior Association

Contact: Ellen, 722-9195

May 2 – 11

Cruise to Bermuda & Bahamas

Got Books?

Books are so abundant that many local libraries are no longer accepting them for even inexpensive resale. Yet some books do have real monetary value. How do we know, and who should we call?

This month's guest speakers know books... and the emotion and clutter that come with them. Hear more on Tuesday February 12 at 3 PM at Broome West Senior Center, 2801 Wayne Street, Endwell.

This is part of the monthly Downsize and Declutter Discussion. Call 778-2115 if you have questions.



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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	12:30 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	1:00 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.

Tuesday	10:00 am	Johnson City Senior Center - \$3 charge
Thursday	9:30 am	Broome West Senior Center - \$3 charge
Thursday	10:30 am	Johnson City Senior Center - \$3 charge
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center - \$3 charge

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. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
Wednesday	9:30 am	Johnson City Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpursville)
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

Lo-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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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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**Complete addresses and phone numbers for all Senior Centers located on pages 14 & 15*

Exercise Equipment Available Daily at the following Senior Centers:

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

Living Healthy Workshop for Diabetes Self-Management

Wednesdays

March 6 - April 10

1:00 - 3:30 pm

First Ward Senior Center

“Living Healthy” is a free six-week education program that strives to build participants’ confidence in managing diabetes and maintaining active and fulfilling lives.

Topics covered include:

- Menu planning and healthy eating
- Preventing low blood sugar
- Preventing or delaying complications related to diabetes
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Dealing with difficult emotions
- Communicating effectively with family, friends, and health professionals

The program does not conflict with existing programs or treatment. It is designed to enhance regular treatment. “Living Healthy” is the local implementation of the Diabetes Self-Management Program of the Self-Management Resource Center. To learn more visit www.selfmanagementresource.com. Peer leaders have completed approved training.

Pre-registration is required.

If you are interested in joining a class, please call Sofia at 778-2411.



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EVENTS at the CENTERS

Philly Cheese Steak Day w/Orange Blossom Special

Thursday, February 21, 11:45 am
First Ward Senior Center
Savor Philly Cheese Steak and tap your heels to music by Orange Blossom Special!

Winter Snowfest Party

Friday, February 8, 9 am-3 pm
Northern Broome Senior Center
Beat the chill with wintery treats, snow-themed games, door prizes, contests, and more!

Assistance w/Renewal of Partial Tax Exemption for Real Property of Sr. Citizens for AGED & ENH Star

Wednesday, February 27
10 am-1 pm

Vestal Senior Center

Reservations required by calling 754-9596. Vestal residents only. Must supply 2018 income.

Dancing w/Music by the Blue Velvet Band

Sunday, February 10, 2-5 pm
Johnson City Senior Center
Dance and enjoy light refreshments! \$10/person. Onsite parking is available.

Breakfast for Lunch Specials

Mondays, February 11 & 25,
10:30 am-12:30 pm
Broome West Senior Center
Specials include Belgian waffles with cherries on Feb. 11 and banana pancakes on Feb. 25.

Presentation: History of Downtown Binghamton

Thursday, February 14, 10:30 am
North Shore Towers Center
Join presenter Bill Tomic for a closer look at local history featuring a photo display.

Evening Dining w/Bingo for Prizes

Thursday, February 28
Doors Open at 3:30 pm
Eastern Broome Senior Center
Enjoy a savory turkey dinner with pumpkin pie for dessert! Please reserve by 12 pm on 2/27.

Breakfast for Lunch

Tuesday, February 12
10:30 am-11:45 am
Deposit Senior Center
Special includes veggie omelet or scrambled eggs, bacon & fruit.



Save the Date! Senior Picnic and Fun Fest

The Broome County Office for Aging invites you to attend the 2019 Senior Picnic & Fun Fest at the SUNY Broome campus on Front Street in Binghamton on Wednesday, June 19, 10 am – 2 pm. Don't worry about parking. There's plenty of parking and a shuttle service to get you to the door of the event.

- ★ Here are a few of the day's activities:
- ★ Live Music, Cooking Demonstrations
- ★ Basket Raffles, Bingo
- ★ Interactive tables featuring your local senior centers
- ★ Vendor Information Fair
- ★ Presentations and much more!

A picnic style lunch will be served around noon. Advance meal tickets are needed and can be picked up at any Broome County senior center starting in May. See the June issue of the Senior News for the entire activities schedule.

Contact Rita at the Broome County Office for Aging at 778-2411 for additional information.

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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Rita C. Binghamton

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HEALTHY LEGS SPECIAL
Complimentary Leg Exam & Ultrasound Screening
Sat February 2
Mon February 18
(other dates available)
Call 607/770-1815 for Your Appt NOW

Medicare Accepted!

If your Legs Ache, Throb, Swell, Cramp, Jump at Night, Feel Heavy or Tired, Itch, have Rashes, Ulcers or Clots then it's probably a Vein Problem that can be treated in just a few minutes in the office. And You'll be back to golf and gardening in just a few days!

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Call 770-1815 for Your Appt NOW!

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Senior Center Spotlight

continued from page 1

Now, about three hundred people come for activities and/or a meal at First Ward each week. Monday through Friday, a delicious and healthy lunch is served. Some meals require a reservation the day before while others are available on a drop-in basis (see menu on the back page of this issue). Occasional evening meals feature live entertainment as well as dinner dances. Daily and weekly activities include shuffle board leagues, card clubs, Mahjong, and sewing and knitting groups in the craft room. The center also boasts a 45-member chorus which practices from September to May and performs a Christmas and Spring public concert each year.

Come visit First Ward for food, fun, creativity, and to spend time with other great people.

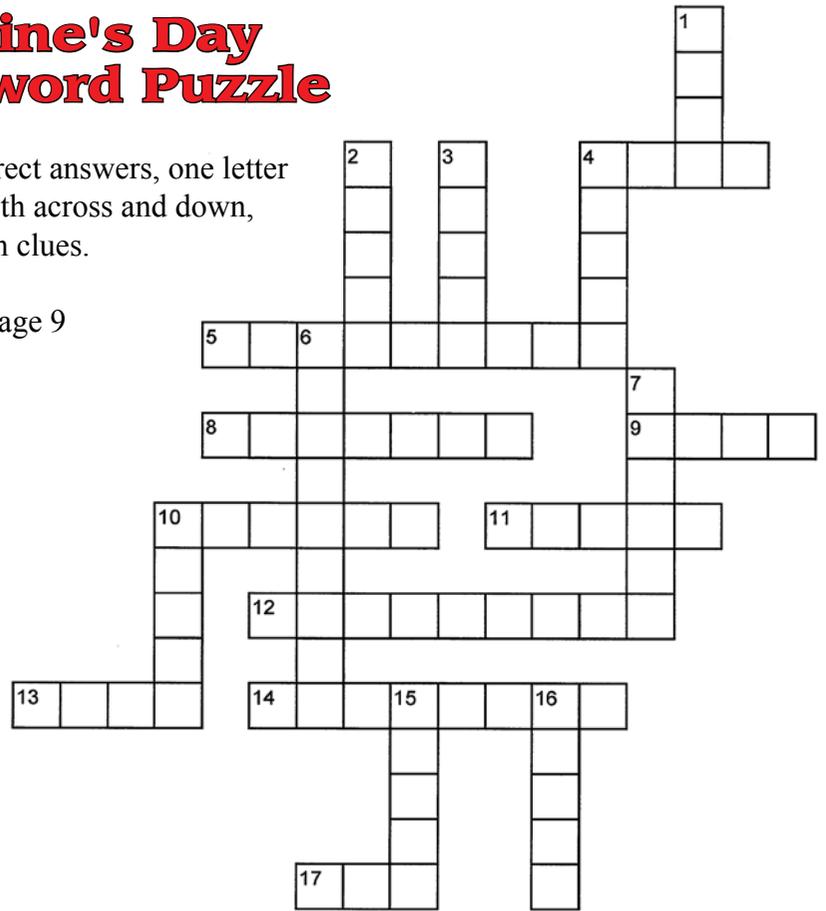
Fun Facts about First Ward

- The City of Binghamton owns the building and the Broome County Office for Aging runs the meal program. City of Binghamton garbage bags are available for purchase at this location.
- Hours: Monday through Friday, 8am to 4pm; extended hours on Monday from 7pm to 9:45pm for the Roberson International Folk Dancers and Bonesaver groups.
- Location: 226 Clinton Street, Binghamton – The center has a parking lot and is also served by City of Binghamton and Office for Aging buses. Call the GetThere Call Center (855-373-4040) for transportation options and assistance.
- People: First Ward has 67 volunteers. Director Jessica Allen has worked at the center for 4 years and Site Supervisor Liz Sarkisian has worked at the center for 6 years. You can reach them at 607-797-2307 with any questions.

Valentine's Day Crossword Puzzle

Fill in the correct answers, one letter per square, both across and down, from the given clues.

Answers on Page 9



Across

- 4 What you do before marriage
- 5 Time period associated with Valentine's Day
- 8 'Roses are red; ___ are blue.'
- 9 Often used in holiday decorations
- 10 Romeo & Juliet lived here
- 11 These birds mate for life
- 12 Holiday's patron Saint
- 13 The 'X' in XOXO
- 14 Professionals who receive the most Valentine's Day cards
- 17 Color that symbolizes love

Down

- 1 You can tie this
- 2 Organ symbolizing love
- 3 Love in French
- 4 Number of flowers in a traditional bouquet
- 6 Traditional edible holiday gift
- 7 Some people wear their heart on this
- 10 Roman goddess of love
- 15 He shoots arrows
- 16 Most popular flowers for holiday

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*Wednesday, February 20th
Twelve O'clock
At Participating Broome County Senior Centers*

Our vote is that you will enjoy a delicious lunch of chicken marengo or liver with onions and black forest pudding for dessert. On the ballot, you will find presidential facts, trivia, games and more!

Lunch reservations are needed and can be made by calling the senior center of your choice by noon on February 19th.

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

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Presidential Wisdom

February contains President's Day on February 18th, Abraham Lincoln's birthday on February 12th, and George Washington's birthday on February 22nd. Enjoy some memorable quotes from Lincoln and Washington.

"It is far better to be alone, than to be in bad company." ~ George Washington

"If freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter." ~ George Washington

"Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing." ~ Abraham Lincoln

"You cannot escape the responsibility of tomorrow by evading it today." ~ Abraham Lincoln

New Required Income Verification For Star (School Tax Relief) Program

Changes to New York State law make the Income Verification Program mandatory for anyone with the Enhanced Senior STAR or Senior Citizens' Partial Real Property Tax Exemption. Basic STAR recipients do not need to do anything.

The new form you receive in the mail titled "Supplement to Forms RP-425-E and RP-425-Rnw Mandatory for all Enhanced STAR Applicants" must be completed and returned to the Assessor's Office by March 1, 2019.

For information, call your local Assessor's Office or the Office for Aging at 778-2411.



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Nichols Notch Apartments
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Watkins Glen School Apartments
Watkins Glen NY | 800-838-0441

Wells Apartments
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Whitney Point NY | 607-692-2609

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Windsor NY | 607-655-4191

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Souperlicious Senior Center Sandwich Bars

Monday	Tuesday	Wednesday	Thursday	Friday
Northern Broome	Northern Broome	Broome West	Broome West	Broome West
		Eastern Broome	Eastern Broome (Golden Griddle)	Eastern Broome (Burger Bar)
		Johnson City	Johnson City	Northern Broome (Burger Bar)
		Northern Broome		Vestal (Chef Salads)
		Vestal		

Walk-ins

Welcome

11am-12:30pm



Enjoy a bowl of homemade soup, a deli sandwich, beverage and dessert for just a \$3.25 contribution (ages 60+) and \$4.25 for all others.

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Kathryn Grant Madigan
Caroline A. Vadala
Karen J. McMullen
Lana D. Sturdevant
Amanda L. Giannone

Maria R. Motsavage, RN, LNHA
Elder Care Coordinator

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What's in Season This Winter?

There are plenty of great options for fruits and vegetables in the winter. While it is often possible to purchase out of season produce at any time of the year, fruits and veggies usually cost less when they are in season. The availability of seasonal produce may vary due to growing conditions and weather.

- | | |
|------------------|----------------|
| Apples | Limes |
| Avocados | Onions |
| Bananas | Oranges |
| Beets | Parsnips |
| Brussels Sprouts | Pears |
| Cabbage | Pineapples |
| Carrots | Potatoes |
| Celery | Pumpkins |
| Collard Greens | Rutabagas |
| Grapefruit | Sweet Potatoes |
| Kale | Swiss Chard |
| Kiwifruit | Turnips |
| Leeks | Winter Squash |
| Lemons | Yams |

Adapted from: <https://snaped.fns.usda.gov/seasonal-produce-guide>

"There is still no cure for the common birthday."
John Glenn



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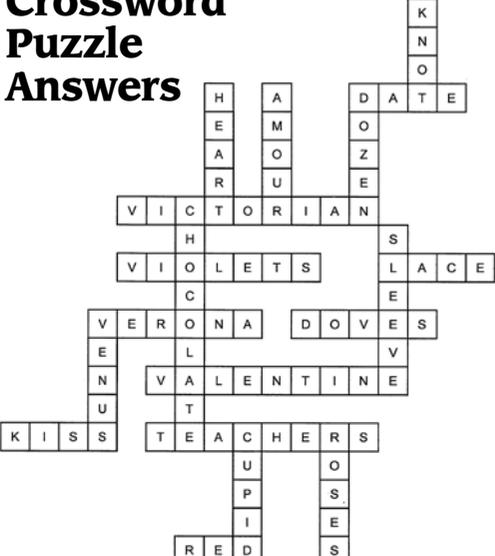
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Crossword Puzzle Answers





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Extend: Inversion stretch on the lower back to release tension and improve flexibility

Relax: Pillow pressure massage. A light massage designed for relaxation and stress relief.



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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;

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

W: Bingo 9:30 am; Scrabble 12:30 pm;
Floor Shuffleboard 12:45 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

- 2/11 Special Breakfast: Belgian Waffles w/Cherries, 10:30 am – 12:30 pm
- 2/12 Downsize & Declutter Presentation, 3 pm
- 2/14 Valentine's Day Luncheon w/Ted Davenport (please reserve), 11 am
- 2/19 Caregiver Chat: Understanding Dementia, 1 – 2:30 pm
- 2/20 Presidential Luncheon (please reserve), 12 pm
- 2/21 Philly Cheese Steak Day w/Marian Tewksbury, 11 am-12:30 pm
- 2/25 Special Breakfast: Banana Pancakes, 10:30 am – 12:30 pm

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; 2/5 Nickel; 2/12 Bag; 2/19 Quarter;
2/26 Nutrition; Craft Making, 10 am

Thursdays: Chair Exercises, 11 – 11:30 am

- 2/12 Breakfast for Lunch: veggie omelets or scrambled eggs/bacon/fruit, 10:30 – 11:45 am
- 2/14 Valentine's Day Luncheon w/Trivia (please reserve), 12 – 1:30 pm
- 2/19 Presentation on Delaware County Office for Aging Services, 10:45 am
Blood Pressures w/Sandy, 11:30 am
Southern Tier Food Bank at the Fire Station, 11:30 am

Senior Center Holiday Closing

All Broome County Senior Centers will be closed on Monday, February 18 in observance of Presidents' Day.

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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 & on 2/18)

Thursdays: Golden Griddle Special: Pizza Casserole & Side Salad (cancelled on 2/14)

- 2/1 Wii Tournament Ends/Final Day to Play
- 2/6,20 Eastern Broome Team Trivia: Presidential History, 11 – 11:30 am
- 2/7,21 Bingo for Prizes, 11:45 am – 1 pm
- 2/14 Snacks & Punch, 10 am
Valentine's Day Luncheon w/Greg Neff (please reserve), 12 pm
- 2/20 Presidential Luncheon (please reserve), 12 pm
- 2/25 Horse Racing Game w/Bonnie Hill, 10 am
- 2/27 Legal Aid (appointment needed), 9 am – 12 pm
Baked Potato Bar, 11:30 am – 12:30 pm
- 2/28 Early Evening Dining (Turkey & Pumpkin Pie) w/Bingo, 3:30 pm doors open

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- 12:30 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
- Tuesdays:** CHOW Mobile Market (please call for updates/time changes), 10:30 am
- Tues & Thurs:** From 2/5 to 3/28, Tai Chi for Arthritis (advanced registration required), 1:30 pm

- 2/6 Social Club, 1 pm
- 2/6,19 Binghamton STAR Exemption App. Assistance (appt. required/call 797-2307), 12:15 pm
- 2/7 Executive Board Meeting, 9 am
- 2/11,25 Chop & Chat, 1 pm
- 2/11 Breakfast for Lunch Special: Belgian Waffles w/Strawberries, 10:30 am – 12:30 pm
- 2/12 Liberty Mutual Presentation, 12:15 pm
- 2/13 Legal Aid (by appointment only/please call for information), 9 am
- 2/14 Valentine's Day Luncheon w/Entertainment (please reserve), 11:45 am
- 2/19 Lunch with County Executive Jason Garnar (please reserve), 11:30 am
Citizen Preparedness Presentation w/NY National Guard, 12:15 pm

FIRST WARD continued

- 2/20 Presidential Luncheon (please reserve), 11:45 am
 2/21 Philly Cheese Steak Day w/Orange Blossom Special, 11:45 am
 2/26 Binghamton High School Musical Performance
 (call for time and information)

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; Poetry 11 am; Bingo 12:30 sales/1:30 play;
 Knit/Crochet 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9:30 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10:30 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 - 11:45 am;
 Meditation 3 pm
F: Watercolor Painting 9 am; Ladies Singing 10 am; Chair exercises
 12:30pm

Special Activities:

- 2/7 Valentine Job Fair (call for table information), 3 - 6 pm
 2/10 Sun., Dancing with Blue Velvet Band (\$10 entry fee), 2 - 5 pm
 2/12 SNAP Nutrition Class w/Cornell Coop. Extension, 11:30 am
 2/14 Valentine's Day Luncheon (please reserve), 11:45 am
 2/18 Bingo Kitchen Open & Sale of Game Boards, 12:30 pm
 Bingo Game Play, 1:30 - 4:30 pm
 2/19 Cooking Tips w/Chef Weaver, 1:30 pm
 Red Hat Society Meeting, 3:30 pm
 2/20 Blood Pressure & Glucose Checks, 10:30 am
 Presidential Luncheon (please reserve), 11:45 am
 2/21 Legal Aid (please reserve), 9 - 11 am
 2/26 Insurance Presentation by Liberty Mutual, 12:30 pm
 2/27 Haircuts by Debbie Roberts (please call for appt.), 10 - 11:30 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; Pinochle 10 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,
 Sunrise Yoga 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; Crafts w/Denise, 10:30 am

Special Activities:

- 2/6 Senior Safety Presentation w/Deputy Stepleton, 12 pm
 2/8 Winter Snowfest Party, 9 am - 3 pm
 2/12 Evening Meal (Roast Turkey & Pumpkin Pie)
 w/Bluestone Ramblers, 4:30 pm
 2/14 Valentine's Day Luncheon (please reserve), 12 pm
 2/20 Cookie Baking Contest w/Prizes, 12 pm
 Presidential Luncheon (please reserve), 12 pm
 2/22 Nature Photography Presentation w/Rick Marsi, 12 pm
 2/26 Evening Meal (Roast Pork & Key Lime Pie Cups) w/Bingo, 4:30 pm

The Broome County Senior Softball League

Being active and having fun are good for your heart! The Broome County Senior Softball League is looking for players for the upcoming 2019 season for 65, 70, and 75 & up leagues. We play in Broome and surrounding counties in a league designed with rules and practices to protect physical health, enjoy competition and stay involved! Come to a practice to see if it's for you.

For more information, contact Don Young at 607-321-3646.

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 & Cards Games 10-11:30 am
Th: Dice & Card Games 10-11:30 am
F: Wii Bowling 10-11:30 am

Special Activities:

Wednesdays: Binghamton University Technology Students Visit, 10:30 am
 Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy on
 10th Floor, 9 - 11 am

- 2/4 Sharing Time in Recognition of Black History Month, 10:30 am
 2/5 Piñata Game & Celebration of Chinese New Year, 10:30 am
 2/7 Breakfast for Lunch: Waffles w/Apples & Sausage, 11 am - 12:30 pm
 2/14 Historical Downtown Binghamton Presentation by Bill Tomic,
 10:30 am
 Valentine's Day Luncheon (please reserve), 12 pm
 2/20 Presidential Luncheon (please reserve), 12 pm
 2/21 Evening Meal (Roast Turkey & Pumpkin Pie), 5 pm

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;
 Chair Exercises 10:30; Oil Painting 1-3 pm

Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;
 Bridge Group 12:30 pm

F: Walking Group 8 am; Mahjong 9:30 am**Special Activities:**

- 2/4 King High Card Game, 12 pm
 Breakfast for Lunch (Belgian Waffles), 11 am - 12 pm
 2/6 Hot Dog Bar, 11:30 am - 12 pm
 2/11,25 Chop n'Chat, 10:30 am
 2/11 Mexican Monday Taco Salad, 11:30 am - 12 pm
 2/14 Valentine's Day Luncheon w/Therapy Quartet Performance
 (please reserve), 11:30 am
 2/15 Pizza OR Chef Salad for Lunch w/Bunko to follow
 (please reserve), 11:30 am
 2/19 Left Center Right Dice Game, 12 pm
 2/20 Presidential Luncheon (please reserve), 11:30 am - 12 pm
 2/21 Philly Cheese Steak Day, 11 am - 12 pm
 2/26 Vestal Senior Club Meeting, 12:30 pm
 2/27 Renewal of Partial Tax Exemption for Real Property of Sr. Citizens
 for AGED & ENH Star, Vestal residents (appt. required),
 10 am - 1 pm

MEET, GREET & EAT

February 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.

Need to Reduce Sugar and Calorie Intake? We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.				Chicken w/BBQ Sc. 2/1 OR Salmon Patty w/Dill Oven Roasted Potatoes Brussels Sprouts Devils Food Cake
Macaroni & Cheese 4 Stewed Tomatoes Cauliflower w/Parsley Banana	Grandma's Meatloaf 5 OR Fish Florentine Au Gratin Potatoes Winter Squash Oatmeal Raisin Cookie	Halupki OR 6 Roast Turkey Mashed Potatoes Carrots Fruited Gelatin	Beef Stroganoff 7 Over Noodles Broccoli Corn Blueberry Buckle	Beer Battered Fish 8 OR Sausage Link Red Potato Salad Garden Salad Mandarin Oranges
Beef Stew 11 over a Biscuit Wax Beans w/Pimento Warm Spiced Peaches Peanut Butter Cookie	Italian Chicken Breast 12 Garlic Mashed Potatoes Zucchini Cranberry Orange Crumb Bar	Herb Pork Loin 13 OR Citrus Herb Pollack Bread Dressing Mixed Vegetables Cinnamon Applesauce	Valentine's Day Party! Chicken Cordon Bleu 14 Baby Red Potatoes Monte Carlo Blend Veg. Red Velvet Pie Cups	Fish Florentine OR 15 Ham Loaf w/Honey Mustard Pierogies Sautéed Cabbage & Onions Pineapple Tidbits
Centers Closed 18 <i>In Observance of</i> <i>President's Day</i>	Pierogies w/Kielbasa 19 & Onions Carrots Ice Cream Cup	Presidential Luncheon! Liver w/Onions 20 OR Chicken Marengo Mashed Potatoes Broccoli Black Forest Pudding	Vegetable & Cheese 21 Omelet Hash Brown Potatoes Garden Salad Strawberry Fruited Gelatin	Broiled Fish w/Lemon 22 OR Grandma's Meatloaf Lemon Rice Pilaf Brussels Sprouts Cinnamon Apple Slices
Meatball Parm Sub 25 Sausage Soup Fruit Cocktail Sugar Cookie	Sweet & Sour Chicken 26 Over Brown Rice Broccoli Florets Garden Salad Berry Crumb Bar	Chicken Salad 27 OR Pub Burger Garbanzo Bean Salad Cottage Cheese w/Chives Pineapples & Oranges	Roast Beef w/Gravy 28 Mashed Potatoes Spinach Peach Cobbler	Beer Battered Fish 3/1 OR Salisbury Steak Brown Rice Pilaf Winter Squash Banana Cake

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Valentine's Day Celebration at Senior Centers

Celebrate Valentine's Day with friends and festivities on Thursday February 14th at about noon. Cupid's arrow will get you in the tummy with this delicious lunch of chicken cordon bleu and a special Valentine's Day dessert of red velvet pie cups.

Lunch reservations are required and can be made by calling the senior center of your choice by noon on Wednesday, February 13th.

We hope to see you there!

There is a suggested contribution for lunch of \$4.25 for those age 60+ and spouse of any age and a charge of \$5.25 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

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