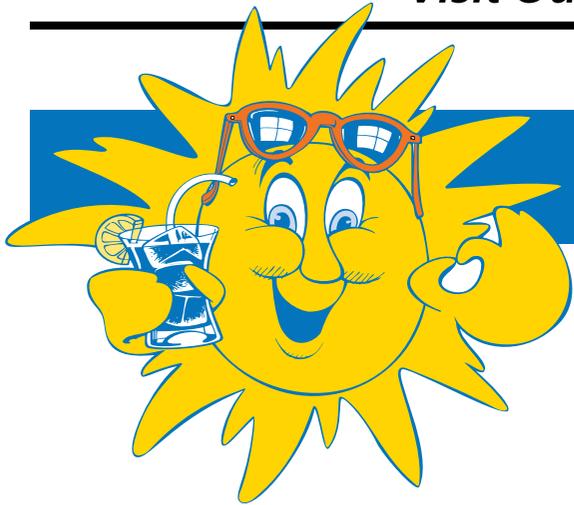




Visit Our Website at www.gobroomecounty.com/senior



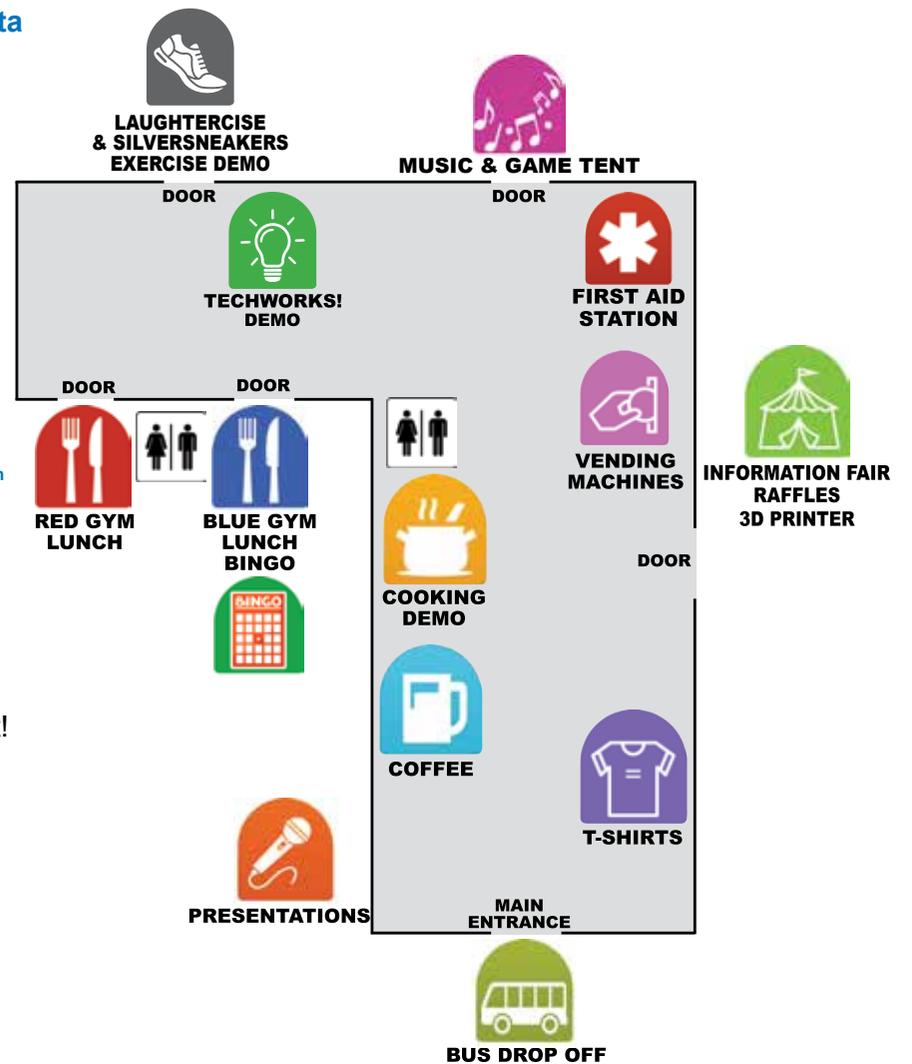
Senior Picnic & Fun Fest

Wednesday, June 19th, 10AM to 2PM at
SUNY Broome (BCC) - 907 Upper Front Street

Here is a Guide - Start Planning Your Day!

Bill Flynn will be at the picnic doing a live broadcast on Solid Gold 104.5!

- 8:30 AM – Noon** **Document Shredding...a Senior Safety Service by ConfiData**
Back Parking Lot #4
- 10 – 11:30 AM** **Medication drop off...a Senior Safety Service by the BC Sheriff's Department**
Entrance of the Ice Center
- 10 AM** **Coffee & Donut Sales** - Ice Center Lobby
- 10 AM – Noon** **Cooking Demonstrations** - Ice Center Lobby
Music by Rich Wilson – Outside, under the tent
- Noon** **Lunch is just \$4.25 per person** - Blue & Red Gyms
Reservations must be made by noon on Tuesday, June 18th
Advance meal tickets are needed for lunch and can be picked up at any senior center.
Menu: barbecue chicken sandwich, red potato salad, baked beans & strawberry shortcake
- 10 AM – 2 PM** **Bingo** – Blue Gym
Indoor Information Fair - Ice Center – Air-conditioned comfort!
Enjoy valuable information on services and products, raffles and much more!
Games – outside
Official Senior Picnic T-Shirt Sales - Ice Center Lobby
- 11:00 – 11:45 AM** **Presentation: Laugh Workshop "Laughtercise"**
Aerobics Room by Blue & Red Gyms
- 12:30 – 2:00 PM** **Cooking Demonstration** - Ice Center
Historic Slide Presentation with Bill Tomic - Classroom in Ice Center Lobby Topic: Blue & Gold Highway Signs
Continuous from 12:30 pm
Music by Orange Blossom Special – Outside, under the tent
- 12:45 – 1:30 PM** **Exercise Demonstration by SilverSneakers®**
Aerobics Room by Blue & Red Gyms
- 2:00 PM** **Hike the trails at SUNY Broome** – meet at the Hiking Club table in the Ice Center



A special "Thank You" to this year's MAJOR SPONSORS:

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- Susquehanna Nursing & Rehabilitation Center
- WellCare Health Plans

Also, a special "Thank You" to this year's SUPPORTERS:

Aetna, CDPHP, Good Shepherd Communities, Humana MarketPOINT Inc, iCircle, Rural Health Network of South Central NY & Getthere, The SEPP Group – Housing With A Heart, United Methodist Homes, UnitedHealthcare, Upstate Services Group: Absolut Care, Bridgewater Center & Vestal Park

CONTRIBUTERS:

Alzheimer's Association - Central New York Chapter, James V. DeMarco & Son Funeral Home and Wm. R. Chase & Son Funeral Home, Fidelis Care, SilverSneakers® Fitness Program

Also, watch for guest appearances by the **Bark-9 Therapy Dogs, 3D Printer and many more events and programs!**

Don't worry about parking. There is plenty of parking on campus and a shuttle service will take you to the event.

Limited bus transportation will be provided from designated senior centers. For additional information, call 778-2411.

Senior Center Spotlight

NORTH SHORE

Stop in to North Shore Towers Community Center to share the day in the good company of neighbors and friends. The Community Center offers a variety of activities along with a hot lunch, available on weekdays.

Start the day with a breakfast sandwich and a cup of coffee from 8 to 9:30 am, Monday through Friday. Catch a game of Bingo on Monday mornings at 10 am or try your skills at Wii bowling on Tuesdays and Fridays at 10 am. Games and puzzles are available on most mornings from 10 to 11:30 am. Craft projects are scheduled throughout the month for those looking to explore their creativity. During warmer months, participants can enjoy the outdoors as they work in the community garden. Then enjoy a good meal with friends at 12 noon on weekdays. Stop at the Community Room reception desk to ask about the weekly lunch menu and to make reservations. Don't miss the monthly breakfast-for-lunch specials featuring made-to-order dishes like waffles and omelets or evening meal events featuring musical entertainment.

Come celebrate North Shore Towers' 33rd anniversary with lunch on June 13th featuring live music by Greg Neff and carnival fun and games. Please make a lunch reservation by noon on June 12th so we know to expect you.



North Shore Towers Community Center is located at 24 Isbell Street in Binghamton. For more information on activities and events, contact Barb at 607-772-6214.



Both inexperienced and experienced hikers are invited to join the Triple Cities Hiking Club for a Lite Hike at SUNY Broome Nature Trail at 2pm on June 19th. Meet at the Triple Cities Hiking Club vendor table. Please dress for hiking and join us for a fun time.

The Triple Cities Hiking Club will continue with alternate Wednesday Hiking-Lite hikes at 10am at Jones Park in Vestal and the "Hiking with the Dinosaurs" hikes on the dates below.

June 12 – Hike at Spring Forest Cemetery in Binghamton. Meet at 10 am at Spring Forest followed by lunch at North Shore Towers Senior Center. Call 772-6214 by noon on 6/11 for lunch reservations.

June 26 – Hike the Chugnut Trail in Endicott. Meet at the Roosevelt Street parking lot at 10am followed by lunch at Broome West Senior Center. Call 785-1777 by noon on 6/25 for lunch reservations.

Just a reminder to always dress appropriately for the weather, bring water and snacks, and tick-proof yourself.

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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

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Caregiver Corner

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

Caregiver Event

Home Repair Options Through First Ward Action Council

Date: Thursday, June 6
 Time: 1:00 PM – 2:00 PM
 Place: Broome County Library
 Exhibit Room
 185 Court Street, Binghamton,

Presenter: First Ward Action Council

Home modifications and repairs can help seniors live more comfortably in their homes. Making an older adult's home safer and more accessible reduces fall risk, prevents accidents, and increases independence.

Attend this presentation to learn about the various home repair programs that First Ward Action Council has available to you and your loved one. The presenter will provide an overview of what each program offers along with income and eligibility guidelines.

Pre-registration is requested; please call 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, June 3
 Time: 1:00 – 2:30 PM

Place: **Broome West Senior Center**
 2801 Wayne Street, Endwell
 Date: NO Chat in June due to the Senior Picnic

Scam of the Month

Social Security Phone Scam

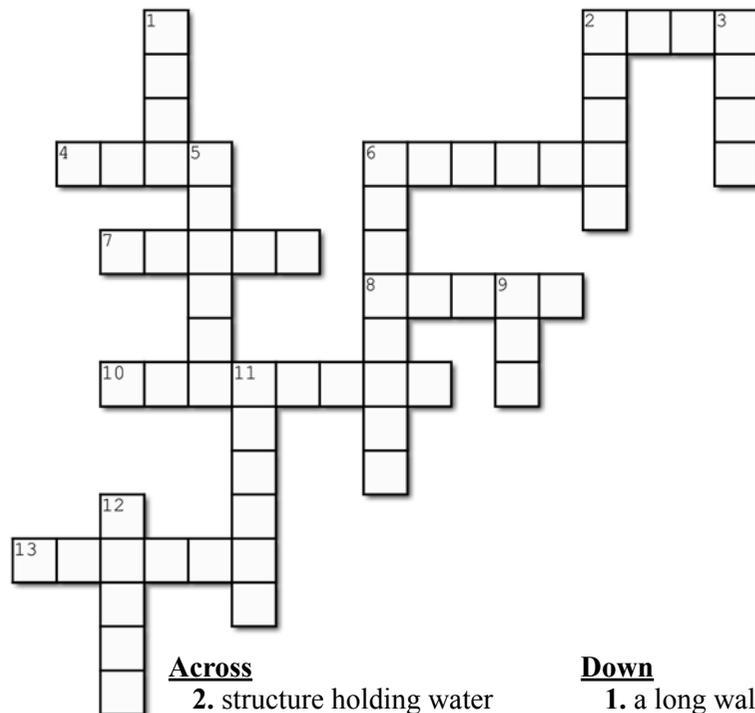
Recently, the Office for Aging has been receiving many calls about various Social Security-related scams. Some of the reports have been that a caller claims to be from Social Security, stating that there is something wrong with the senior's Social Security Card or Social Security number. The caller then asks for personal information to help fix the issue. We want you to know that Social Security would never ask for someone's Social Security number or birth date. They have this information already!

Another scam claims that someone's benefits will be changing. Any notice of this type would always come from Social Security in writing. When it comes to Social Security, please be very cautious. If you suspect that an unsolicited call from Social Security is legitimate, we still encourage you to take the extra precaution of hanging up the phone and calling the Binghamton Social Security office directly at 1-866-964-3971 to discuss any concerns.

For more questions or to report a scam, please call the Office for Aging at 607-778-2411.

Crossword Puzzle

Fill in the correct answers, one letter per square, both across and down, from the given clues. Answers on Page 8

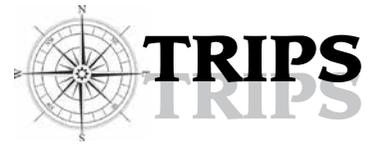


Across

- 2. structure holding water
- 4. flying insects
- 6. meal taken outdoors
- 7. cloth woven from flax
- 8. a suspended seat which goes back and forth
- 10. longest day of the year
- 13. a procession of people

Down

- 1. a long walk
- 2. drink containing fruit or fruit juice
- 3. inland body of water
- 5. type of open footwear
- 9. you do it in a hammock
- 11. daily disappearance of the sun below the horizon
- 12. produce containing seeds



North Fenton Seniors Club

Contact: Ruth, 648-8425

August 21
 Resorts World Catskills Casino
 Monticello, NY

Johnson City Senior Center

Contact: Kim, 797-3145

July 20
 Nighttime Dinner Cruise
 Skaneateles, NY

Eastern Broome Senior Center

Contact: Arlene, 759-6306

August 22
 Hudson River Cruise

September 19
 del Lago Resort & Casino
 Waterloo, NY

Want To Advertise in the Senior News?

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

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Make our readers your customers!

Fun Summer Concerts in the Park

Sponsored by the Endwell League of Community Action

Grab your blanket or chair and come enjoy live music on Tuesdays at 7pm this summer in beautiful Highland Park, Endwell.

- June 11 Katie Scott & Persuasion
- June 18 Endwell Community Chorus
- June 25 Ain't Misbehaving
- July 2 Loose Change
- July 9 Nino & Mark
- July 16 Rick Pedro & Jeff Lake
- July 23 Rich Wilson
- July 30 Southerntiersmen Chorus
- August 6 Unison – Freddy & Alex Mendoza
- August 13 Ralph Muro
- August 20 Maine Community Band

Taste This!

Nutrition Education Classes for June/July

A variety of supermarket products will be available for you to taste-test! Come discover new nutritious foods and beverages. This class will be limited to 20 people at each center, so hurry to sign-up! (Sign-up sheet located at the front desk of each center).

The schedule for these upcoming classes will be:

- North Shore Towers Community Center** – Tuesday, June 11th at 10:30am
- Northern Broome Senior Center** – Wednesday, June 12th at 10:45am
- First Ward Senior Center** - Tuesday, June 25th at 10:45am
- Broome West Senior Center** – Wednesday, June 26th at 10:45am
- Deposit Senior Center** – Thursday, June 27th at 11:30am
- Johnson City Senior Center** – Tuesday, July 2nd at 12:30pm
- Vestal Senior Center** – Wednesday, July 10th at 10:30am
- Eastern Broome Senior Center** – Wednesday, July 24th at 11:00am



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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	12:15 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. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Tuesday	9:15 am	Vestal Senior Center
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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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Strength and Balance Class

Tuesday	1:30 pm	Johnson City Senior Center - \$5 charge
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Open Swim & Water Aerobics Classes

First Ward Senior Center is hosting these classes at West Middle School, Highland Ave, Binghamton.

Water Aerobics	Mondays & Thursdays	4:00-4:30 pm
Open Swim	Mondays & Thursdays	4:30-6:00 pm

*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

Office for Aging Is Coming Your Way

The Broome County Office for Aging is on the move, bringing our services to you. An Office for Aging Caseworker will be available for a one-on-one session to answer questions and assist you with available programs and services. Be sure to sign up at Broome West Senior Center or Johnson City Senior Center.

Visit us at our "Satellite Office" on the following days:

June 3rd from 10:00 am – 12:00 pm
Broome West Senior Center,
2801 Wayne Street, Endwell

June 12th from 12:30 pm – 2:30 pm
Johnson City Senior Center,
30 Brocton Street, Johnson City

Build Your Own Burger

June 5, 6 & 7 –
starting around 11:15 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, tomatoes, onions and various cheeses, or choose hot toppings like bacon and mushrooms. The combinations are endless.

Your burger creation also comes with salad, dessert and a beverage.

Enjoy this lunch for a suggested contribution of \$3.50 for those 60 years and older and spouse of any age, and a charge of \$4.50 for those under age 60. Participating centers are Broome West (June 5-7), Johnson City (June 5 & 6), Eastern Broome (June 5 & 7), Northern Broome (June 7) and Vestal (June 5).



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EVENTS at the CENTERS

45th Anniversary Celebration

Friday, June 14, 11 am
Northern Broome Senior Center
Dress in cowboy and cowgirl attire as we saddle up for this western-themed day.

Evening Dining w/Music by Harmony Lane

Thursday, June 27, 5-7 pm
Vestal Senior Center
Share the evening with friends. Enjoy your choice of halupki or meatloaf & apple pie for dessert.

Evening Dining w/Seton Catholic

Central Select Chorus
Wednesday, June 12, 5 pm
First Ward Senior Center
Join us for an evening meal and tap your heels to excerpts from Forever Plaid and The Marvelous Wonderettes.

33rd Anniversary Celebration w/Guitarist Greg Neff

Thursday, June 13, 11 am
North Shore Towers Center
Celebrate the center's anniversary with carnival games, music and lunch served at noon.

Art Exhibit & "Create a Masterpiece" Project

Monday, June 17, 11 am- 1 pm
Broome West Senior Center
View artwork by our beginner acrylic painters, sample refreshments, and join visiting local artist Chuck Williamson as we create a masterpiece canvas together.

Heart Procedure Presentation w/UHS Cardiology

Wednesday, June 5, 9 am
Johnson City Senior Center
Cardiologist Dr. Yarkoni will discuss The Watchman Procedure and the TAVR Procedure.

Evening Dining w/Vocalist Rich Wilson

Thursday, June 27, 4 pm
Eastern Broome Senior Center
Gather for punch, snacks, door prizes, a delicious meal, and music by Rich Wilson.

Evening Dining & Father's Day Celebration

Thursday, June 13, 4:15 pm
Deposit Senior Center
Accordianist David Hores will provide entertainment as we celebrate all fathers and special mentors.



Older Adults Being Victimized by Bad Contractors

By Charles Griffiths, Chair of the Contractor Taskforce
Southern Tier Home Builders & Remodelers Association

Not long ago, a homeowner victimized by a contractor called us almost in tears, embarrassed and humiliated to admit that she had been conned. She paid a significant down payment to a contractor in the Spring. It was now fall, and there was no sign of the contractor. She had tried, on numerous occasions, to contact the contractor with no success. Finally, she found that the contractor's phone was no longer in service. She asked us what to do.

We receive two to three calls per week from victimized homeowners. We have learned that most of these bad contractors operate in a similar manner. They are typically much less expensive than others, require down payments, use disposable cell phones, do not have a fixed business address, prefer doing business on a cash basis, and don't report income to avoid taxes and other business expenses. They often never show up, don't finish the job, or do faulty work.

Since New York State is one of the few states that do not regulate contractors, several counties have developed their own regulations to protect homeowners. Southern Tier Home Builders & Remodelers Association (STHBRA) felt it was long past time to explore successful solutions enacted by other New York counties. As a result, we are proposing creating a simple contractor registration program based on existing successful regulations to make it more difficult for bad contractors to operate.

To make this happen, we need your help. Anyone who feels that they have been the victims of a bad contractor should fill out a simple anonymous survey on our website. This will help us inform our elected representatives about the scope of the problem. Visit <https://sthbra.com/> and click on the "Contractor Victimization" banner to find the survey and other valuable information. Please encourage other victims you know to do the same.

In addition to helping us collect information about contractor victimization, you can contact law enforcement to report a crime or an attorney to start a civil lawsuit. The best advice is to be careful before hiring a contractor. Visit our website and click on the "Homeowners" banner and then "Homeowner Tips" for more information. You can also call us at 607-785-9285.

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New Program at Action for Older Persons By Rebecca Bradley, EMDT Coordinator

In January 2019, Action for Older Persons began a new program in Broome, Chenango, Delaware, Otsego, and Tioga Counties called **the Enhanced-Multidisciplinary Team (E-MDT)**. The program is an interdisciplinary approach to addressing cases of financial exploitation experienced by victims aged 60 and older. E-MDTs are made up of professionals from various disciplines who work together to investigate, intervene, and prevent the financial exploitation of older adults. The team provides a holistic response to cases which include recommendations and support to victims of exploitation, as well as other professionals. The program is supported and funded by Lifespan of Greater Rochester.

E-MDTs have access to a forensic accountant and will be joined by a geriatric psychiatrist in the future. The unique skills of these specialists will supplement the expertise of other team members. The team also includes members from the Sheriff's Department, District Attorney's Office, Legal-Aid Society, the Broome County Office for Aging, Crime Victims Assistance Center, and Adult Protective Services, just to name a few. Different expertise and perspectives help create a broader vision of how to help those who are victims of elder abuse, while working to eliminate future exploitation. The opportunity to implement various protections with the victims' approval and raise awareness is something team members are passionate about and will work towards now and in the future.

To learn more or report a suspicion of abuse, please contact Rebecca Bradley at Action for Older Persons at 607-722-1251 or 200 Plaza Dr. Suite B, Vestal, NY 13850.

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>

Seniors
Running & Walking Festival

Join us for our 5th annual summer program and race events!

Open to anyone 55 years or older!

Summer Program: July 8 - Aug 30 Mondays & Fridays, 6:30 PM

Race Festival: Saturday, Sept 7, 8:30 AM

Race Events: 1 Mile or 5K (3.1 miles) on a flat, certified course!

Awards Divisions: Run, Walk or Wheelchair

Location: Coal House Café at the Vestal Rail Trail

Fee: \$10 Includes summer program, T-shirt, race registration, finisher's medal, awards, refreshments & more!

Registration will open in March.
For more information, call: 607-728-2411

Broome County
Office for Aging

NY-GC0112250-09

Participants at Northern Broome Senior Center and Broome West Senior Center participated in the Mission Meltaway team weight loss program which took place over five weeks. Northern Broome members successfully lost a total of 36.3 pounds and a total of 23 inches off their waists. Broome West members successfully lost a total of 27 pounds and a total of 15 inches off their waists. Congratulations to both teams!



Common Threads Quilters Guild Spring 2019 Quilt Show

Broome West Senior Center hosted the Common Threads Quilters Guild Spring Quilt Show on April 27 and 28, showcasing many beautiful handmade quilts. Pictured are a few samples of the masterpieces on display at this event.



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CarFit Technician Volunteer Training

When: July 18th, 2019 - 8:30 am to 3:00 pm
Where: Good Shepherd Village at Endwell (32 Village Drive, Endwell)
Register: <https://www.car-fit.org/carfit/RegisterVolunteer>

For more information contact: Christine Muss
 Traffic Safety Program – Broome County Health Department
 607-778-2807 - cmuss@co.broome.ny.us

Funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor’s Traffic Safety Committee

FREE TRAINING

Schedule:	
8:30—12:00	Classroom lecture & hands-on learning
12:00—12:45	Lunch: May be purchased on-site
12:45—1:00	CarFit Event Set-Up
1:00—3:00	CarFit Event

Volunteers Must:

- Be able to bend over, stoop down & assist another in walking
- Possess good observational skills & demonstrate time management skills
- Possess a good demeanor in addressing the potentially stress-provoking topic of driving
- Must be a licensed driver

What is CarFit?

CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), and the American Occupational Therapy Association.

What are the Objectives of the CarFit Program?

The program is designed to help mature drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one’s personal vehicle can greatly increase not only the driver’s safety but also the safety of others.

In What Ways Can CarFit Improve Road Safety?

Three quick examples underscore the importance to road safety of the CarFit program, which reviews twelve key areas of the driver’s fit to the personal vehicle.

- Example one: Knowing how to properly adjust one’s mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
- Example two: Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one’s leg and slowed reaction times.
- Example three: Drivers run the risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

Is CarFit Effective?

CarFit was pilot tested in 10 cities in the Spring of 2005 with more than 300 older driver participants. Based on findings from the CarFit checklists completed at events in those cities and follow-up mailed surveys to participants, the program appears to be highly effective on multiple fronts. CarFit findings show that a significant percentage of participants had at least one problem area with their fit to the personal vehicle – problems that could jeopardize their safety in the personal vehicle. In addition, the vast majority of those responding to the mailed survey indicated that as a result of having gone through the CarFit event, they made a change to improve the fit of their vehicle, their use of safety features in the personal vehicle and/or their willingness to discuss their driving with family and/or health care providers.



Broome West Senior Center participants welcomed several gorgeous therapy dogs for a visit. There were a lot of smiles and happy wagging tails. Come see the therapy dogs when they make an appearance at the Office for Aging’s Senior Picnic on June 19th. Woof!

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 & dessert.

Tired of Varicose Veins?

"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. Binghamton



Actual Patient of Dr. Dohner

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- + Aching or Throbbing
- + Swelling
- + Cramping
- + Itching or Rash
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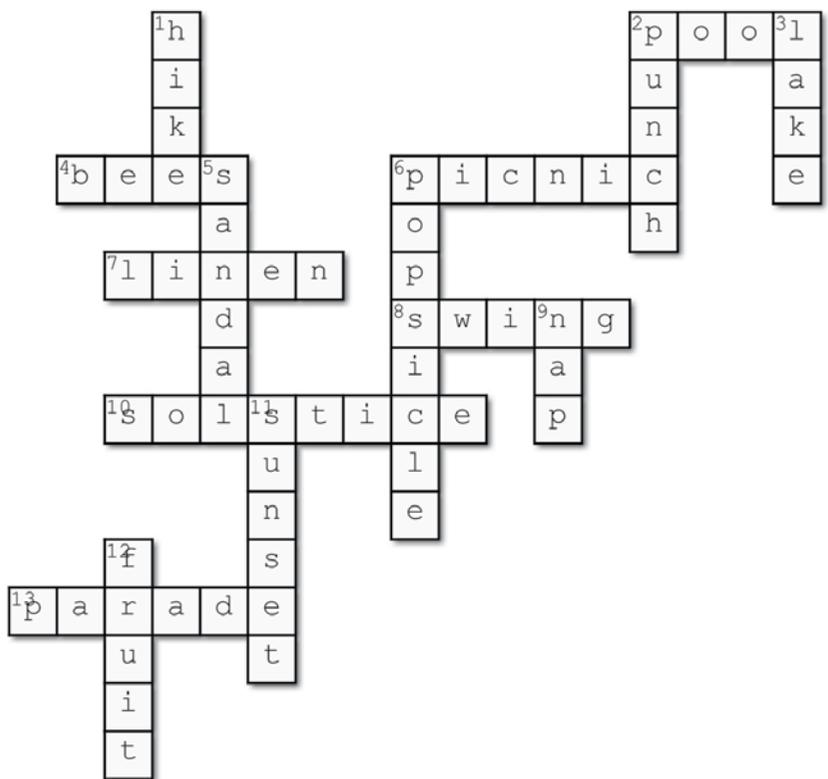
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Stay Hydrated This Summer

Did you know that as we age we begin to lose our sense of thirst? This means that by the time we realize we are thirsty we are already dehydrated. In the summer months, this puts us especially at risk for severe dehydration and heat-related issues. The average adult should drink around 64 ounces of fluid each day, but this amount can increase depending on outside temperatures, body weight, medications, and other health conditions.

Older adults have trouble responding to changes in temperature. Certain medications, such as diuretics, antihistamines, laxatives, and corticosteroids can cause frequent urination. Medical conditions such as uncontrolled or even undiagnosed diabetes put older adults at greater risk of dehydration.

Initial signs of dehydration include headaches, muscle cramping, constipation, dry mouth, sleepiness, and a bright yellow urine color. Signs that dehydration has already become severe includes little to no urination at all, dark or amber-colored urine, irritability, confusion, low blood pressure, falls, fast heart beat but weak pulse, dry skin that stays folded when pinched, and cold hands and feet. Untreated dehydration can have severe consequences on your kidneys, bladder, risk of falling, seizures, and even coma or death.

To stay hydrated this summer season, make sure to follow these tips:

- Aim to drink a minimum of 64 ounces each day. This can include fluid from water, low-fat milk, or 100% fruit juice. You can get creative with your beverages by adding fruit or herbs to infuse your water or making a smoothie.
- Consume foods that have a high-water content, such as cucumbers, tomatoes, watermelon, bell peppers, grapes, oranges, blueberries, and cantaloupe.
- Enjoy broth soups, vegetables, and 100% fruit popsicles.
- Keep water accessible so you're more likely to remember to drink throughout the day.
- When feeling initial stages of dehydration, make sure to begin consuming fluids right away.

Good Housekeeping's Smoothie Recipe, "Strawberry Fields"

- ½ cup coconut water
- ½ cup coconut yogurt
- 1 cup strawberries
- ½ cup frozen peaches

Sources:

www.health.gov "Caregivers: Help Older Adults Stay Hydrated During Summer"

www.agingcare.com "Hydration Tips for Seniors"

They are Watching Out for You ...Are You Watching Out for Them?

Most people in Broome County have older adult residents on their street or in their neighborhood. Some may be homebound, but rest assured they know the comings and goings in the neighborhood. They notice when something is different, or someone's pattern of behavior has changed. If there is unusual activity around your house, they might take note and notify the authorities or try to call you to make sure you really hired that person to clean out your garage.

So, let's put the shoe on the other foot: are you watching out for them too?

There are stories happening all over the area of neighbors helping neighbors: we are a community that has a history of being there for each other. With the assistance of technology, neighbors can stay connected in ways unavailable to them previously. The next time you log on to social media, consider "friending" your neighbors, or creating a neighborhood group to share information. Some areas have used neighborhood groups to ask for help and offer assistance to others. If Facebook isn't your thing, exchanging emails is a way to stay connected.

Everyone likes to feel connected to their community. There are numerous ways to assist and support the elderly of our community. If you are running to the grocery store, consider asking your neighbor if there is anything you could pick up for them or if they would like to join for a trip - you'll be helping in more ways than one!

When we reach out and support each other in our community, we decrease the risk of someone taking advantage of a vulnerable person. In recognition of World Elder Abuse Awareness Day on June 14th – Create your own story of being a Helpful Neighbor!

Spark Joy

Japanese organizer Marie Kondo has a mantra that is on everyone's lips these days. She challenges us to ask, "Does it spark joy?" when thinking about objects in our homes. Removing things which do not bring joy can result in less stress (and less clutter) in our lives.

Attend the monthly Downsize and Declutter Discussion on Tuesday, June 11 at 3 PM from 3-4:30 at Broome West Senior Center, 2801 Wayne Street, Endwell. Registration is not required. Call Michelle at 785-3427 with any questions.

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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

- 6/3 Office for Aging Satellite Office Day, 10 am – 12 pm
“Explore Sintra, Portugal” Presentation w/ Bruce Ressler, 1 pm
- 6/4 Horse Racing Game, 11 am
- 6/5-7 Burger Bar, 11:15 am
- 6/10 Falls Prevention Discussion w/ Union Volunteer Emergency Squad,
10:30 am – 11:30 am
Special Breakfast (*Belgian waffles w/strawberries*), 10:30 am – 12:30 pm
- 6/11 Downsize and Declutter Discussion, 3 pm
- 6/14 Father’s Day Luncheon w/saxophonist Dan Bolten, 11 am
- 6/17 Senior Scams Presentation w/AOP, 11 am
Art Exhibit & “Create a Masterpiece” Project
w/artist Chuck Williamson, 11 am – 1 pm
- 6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.
- 6/20 Philly Cheesesteak Day w/ Marian Tewksbury, 11 am – 12:30 pm
- 6/24 Special Breakfast (*orange & pineapple fruit fluff*), 10:30 am – 12:30 pm
- 6/25 Lourdes Mobile Mammography Van Visits, 10 am – 2 pm
Bright & Beautiful Therapy Dogs Visit, 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: 6/4 Nickel; 6/11 Bag; 6/18 Quarter; 6/25 Nutrition
Craft Making, 10:30 am
- Thursdays: Chair Exercises, 11 – 11:30 am
- 6/13 Evening Dining & Father’s Day Celebration (*sausage or chicken
spiedie & strawberry shortcake*) w/David Hores, 4:15 pm
- 6/18 Wear Red, White & Blue to Honor Flag Day
Southern Tier Food Bank at the Fire Station, 11:30 am
Blood Pressures w/Sandy, 11:30 am
Benefits of Laughter Presentation
w/Delaware County Office for Aging, 11:45 am
- 6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.
- 6/27 “Taste THIS!” Nutrition Education class with Office for Aging,
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: *Pub Burger w/ Fries & Side Salad*

- 6/5,7 Burger Bar, 11:30 am
- 6/6, 20 Bingo for Prizes, 11:45 am – 1 pm
- 6/6, 20 CHOW Mobile Market with fresh produce on-site, 10 am – 11 am
- 6/11 Breakfast with the Belden Hill Campers, 8 am – 9:30 am
- 6/13 Evening Dining (*sausage or chicken spiedie w/straw. shortcake*)
w/ Harmony Lane, 4 pm
- 6/14 Father’s Day Luncheon w/speaker Bill Tomic, 11:30 am
- 6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.
- 6/22 AARP Safe Driver Course (*please call to reserve*), 9 am – 4 pm
- 6/24 Horse Racing Game w/ Bonnie Hill, 10 am
- 6/26 Legal Aid Society (*please call for appointment*), 9 am – 12 pm
Baked Potato Bar, 11:30 am
- 6/27 Evening Dining (*halupki or meatloaf w/apple pie*) w/ Rich Wilson, 4 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- 12:30 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:

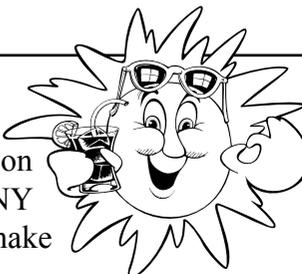
Mondays: Roberson International Folk Dancers (*all welcome/no partner
needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the
center, please call 797-2307*)

Tuesdays: CHOW Mobile Market (*please call for updates/time changes*),
10:30 am

- 6/3 Breakfast for Lunch (*waffles*) 10:30 am – 12:30 pm
- 6/5 Social Club, 1 pm
- 6/6,7 AARP Driver Safety Course, 9 am – 12 pm (*by appt. only/please
call for information*)
- 6/12 Legal Aid (*by appointment only/call for information*)
Evening Dining (*chili dog or chicken spiedie & strawberry
shortcake*) w/Seton Catholic Central Select Chorus, 5 pm
- 6/14 Father’s Day Luncheon w/Greg Neff, 11:45 am
- 6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.
- 6/20 Philly Cheese Steak Day w/Orange Blossom Special, 11:30 am

Senior Center Closing

All Broome County senior centers will be closed on Wednesday, June 19, for the Senior Picnic at SUNY Broome. Get an envelope at a senior center and make your lunch reservation. See you there!



"Summertime is always the best of what might be"
Charles Bowden

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:

6/5 Heart Procedures Presentation w/UHS Cardiologist Dr. Yarkoni, 9 am

6/5,6 Burger Bar, 11:45 am

6/7 5th Annual Car Show & Picnic w/Orange Blossom Special, 11 am-1 pm

6/10 Summer Line Dancing Show, 11 am - 11:30 am

6/11 "Spices to Make Your Food Exciting, Flavorful & Healthy, Too!" Nutrition Education w/Kathleen Cook, 11:30 am

6/11,18 AARP Driver Safety Course (*enrollment required*), 5 pm - 8 pm

6/12 Office for Aging Satellite Office Day, 12:30 pm - 2:30 pm

6/13 Understanding Alzheimer's & Dementia Basics presentation, 10 am - 11 am

6/14 Father's Day Luncheon, 11:45 am

6/18 Chef Weaver of The Hearth at Castle Gardens, 1:30 pm
Red Hat Society meeting, 3:30 pm

6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.

6/20 Legal Aid Society Appointments (*please call to reserve appt*), 9 am - 11 am

6/25 Primary Election Polling Site, 12 noon - 9 pm

6/26 Haircuts by Debbie Roberts (call for appt. and info.), 10 am - 11:30 am
Book Club, 3 pm

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:

6/3,17 Horse Racing Game, 10:30 am

6/5 Bake Sale, 9 am

6/7 Burger Bar, 11:30 am

6/11 Evening Dining (*sausage or chicken spiedie & strawberry shortcake*) w/Rich Wilson, 4:30 pm

6/12 "Taste THIS!" Nutrition Education Class with Office for Aging, 10:45 am

6/14 Northern Broome Senior Center's 45th Anniversary Celebration, 11 am
Father's Day Luncheon, 11:30 am

6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.

6/21 Bald Eagle Photos on Display

6/25 Evening Dining (*halupki or meatloaf & apple pie*) w/Bingo, 4:30 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 & Cards 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

6/4 Share Pet Photos & Stories for National Hug Your Cat Day, 10:30 am

6/5 Healthy Treats for National Fruit & Vegetable Day, 10:30 am

6/6 Breakfast for Lunch (*pancakes, fruit & bacon*), 11 am -12:30 pm

6/7 Donuts for National Donut Day, 10:30 am

6/11 "Taste THIS!" Nutrition Education Class with Office for Aging, 10:30 am

6/12 Breakfast Club Meeting, 10:15 am

6/13 NST 33rd Anniversary Celebration & Luncheon (*please reserve*) w/carnival games & music by Greg Neff, 11 am

6/14 Father's Day Luncheon, 12 pm

6/17 Games for Father's Day, 10:30 am

6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.

6/25 Sweet Treats for National Candy Month, 10:30 am

6/27 Ceramics, 10:15 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; 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:

6/3 Vestal Senior Club Trip Sign-Up Day: Lake George, 9:30 am

6/3 King High Card Game, 12 pm

6/3,17 Chop & Chat (*please reserve*), 10:30 am

6/4 Taco Tuesday (*taco salad or burrito*), 11 am - 12 pm

6/5 Burger Bar, 11:30 am - 12 pm

6/5, 20 Bingo, 10:15 am

6/14 Father's Day Luncheon, 12 pm

6/18 LCR Dice Game, 12 pm

6/19 Centers are closed. See you at the Senior Picnic at SUNY Broome.

6/20 Philly Cheesesteak Day, 11:30 am - 12 pm

6/21 Pizza or Chef Salad w/Bunko, 11:30 am

6/24 Breakfast for Lunch (*Belgian waffles w/strawberries*) 11:30 am - 12 pm

6/26 Sandwich Bar Special (*turkey club panini*), 11:30 am - 12 pm

6/27 Evening Dining (*halupki or meatloaf & apple pie*) w/Harmony Lane, 5 pm

"I get up, I fall down, all the while I am dancing"

Martha Graham

MEET, GREET & EAT

June 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 Alfredo over Rotini Pasta 3 Spinach Sliced Carrots Banana	Halupki w/Sauce OR Breaded Pollack 4 Mashed Potatoes w/Gravy Caesar Salad PB&J Cookie	Braised Mexican Pork OR Italian Chicken 5 Mexican Rice Peas Lemon Pudding w/Topping	4 Cheese Baked Penne Casserole 6 Broccoli Orange Cranberry Bar	Beef Burgundy OR Spinach Parmesan Pollack 7 Summer Squash & Carrots Buttered Noodles Pineapple & Mand. Oranges
Cheese Lasagna Bake 10 Cauliflower w/Parsley Banana Sugar Cookie	Cranberry Dijon Chicken 11 Mashed Sweet Potatoes Brussels Sprouts Cinnamon Apple Slices	Herb Crusted Pork OR Citrus Herbed Pollack 12 Couscous Pilaf Peas w/Sautéed Mushrooms Fruited Gelatin w/Topping	Hot Dog OR Chicken Spiedies on Roll 13 Baked Beans Red Potato Salad Black Forest Pudding	Father's Day Luncheon 14 Salmon Patty w/Dill OR Sliced Roast Beef w/Gravy Mashed Potatoes, Capri Veggies, Banana Cake
Macaroni & Cheese 17 Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie	Honey Ginger Chicken 18 Dijon Roasted Potatoes Asian Slaw Pineapple Upside Down Cake	Senior Picnic @ SUNY Broome 19 BBQ Chicken Sandwich Baked Beans Red Potato Salad Strawberry Shortcake	Beef Stroganoff 20 Buttered Noodles Garden Salad Vanilla Pudding w/Mandarin Oranges	Meatloaf w/Gravy OR Spinach Parmesan Pollack 21 Baked Potato w/Sour Cream Summer Squash & Carrots Raspberry Brownie Delight
Ham Steak w/Honey Mustard Sauce 24 Au Gratin Potatoes Peas Oatmeal Raisin Cookie	Egg Salad Sandwich OR Breaded Fish Sandwich w/Lettuce & Tomato 25 Sausage Florentine Soup Cottage Cheese w/Chives Sliced Peaches	Liver w/Onions OR Chicken Cacciatore 26 Mashed Potatoes w/Gravy Wax Beans w/Parsley Gingerbread Cake	Pierogies w/Kielbasa & Onions 27 Sliced Carrots Ice Cream Cup	Broiled Fish w/Lemon OR Sliced Roast Beef 28 Macaroni & Cheese Green Beans Fresh Whole Apple

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

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



Celebrate all fathers and special mentors on **Friday, June 14th** at participating Broome County Senior Centers. Enjoy a delicious luncheon of salmon with dill sauce or roast beef with gravy and banana cake for dessert.

It's a wonderful opportunity to honor those fathers, brothers, sons, and friends who strive to make a difference in our community! Consider treating someone special in your life to lunch, or just gather your friends together for a great meal.

Lunch is offered at a suggested contribution of \$3.50 for those 60 years and older and spouse of any age, and a charge of \$4.50 for those under age 60.

Call the senior center of your choice to make meal reservations and to ask what special activities are planned. Phone numbers are listed on the back pages of this issue.

We hope to see you on June 14th!



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.

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