

Visit Our Website at www.gobroomecounty.com/senior

Office for Aging Public Hearing followed by Savor the Senior Centers Tasting Event

Tuesday, November 5 at Northern Broome Senior Center (12 Strongs Place, Whitney Point)

Tuesday, November 19 at Broome West Senior Center (2801 Wayne Street, Endwell)

Please join us as we discuss the highlights of Office for Aging's new four-year plan, followed by our first-ever senior center cuisine tasting event.

5:00 PM - Office for Aging Public Hearing on the 2020-2024 Draft Plan for Services – Are your needs and the needs of your friends and neighbors taken into account in the Office for Aging Draft Plan? Do you have other concerns? Please share your ideas with us. The Draft Plan will be available on the Office for Aging website beginning on October 25th at the following link: gobroomecounty.com/senior/publications. Copies of the Draft Plan will be provided at the hearings. Attending the hearing is free and no reservations are needed.

5:30 PM – Senior Center Cuisine Tasting – A variety of dishes will be sampled, including 3 different entrees, 2 sides, soup and 2 desserts. If you would like to stay for the tasting event following the hearing, a reservation is required by calling the senior center no later than noon the day before the event. Those age 60 and above can enjoy the meal for a suggested contribution of \$4.25; those under age 60 pay \$5.25. No one age 60+ and their spouse of any age will be denied a meal due to an inability or unwillingness to contribute.

Continued on Page 2

Prevention of Elder Financial Exploitation and Scams

Seniors and Caregivers are invited to attend this informative seminar:

Thursday, October 24th from 9 am – 12 pm

Visions Federal Credit Union - 3301 Country Club Rd, Endwell, NY 13760

Join us and learn from area professionals how to protect yourself and your friends from financial exploitation and scams. Light refreshments will be served.



Please RSVP by October 21st by calling 607-778-2153 or email: Kristin.Beylo@dfa.state.ny.us

This program is brought you to by: The Family Violence Prevention Council's Elder Abuse Prevention Committee

Age-Friendly Broome County Moving Forward and Expanding the Conversation *Please Join Us*

Wednesday, October 2nd from 1:30 pm - 3:30 pm
at the Southern Tier Independence Center (STIC)
135 E Frederick St, Binghamton

All are welcome to join us as we discuss the plan and process to make Broome County an age-friendly community.

The afternoon will consist of the following:

- Presentation of results from the community needs assessment survey
 - Formation of age-friendly workgroups
- Broome Age-Friendly Project tasks and timeline discussion

Successful aging and age-friendly communities are everyone's business. This is your community, let's work together to enhance it!

RSVP is encouraged – limited seating available.

Please contact the Broome County Office for Aging at (607) 778-2411 or ofa@broomecounty.us

Plenty of parking in front and additional parking on the side of the building on Ely St.

Brought to you by the Office for Aging



LEAVES ARE FALLING; AUTUMN IS CALLING

Office for Aging Public Hearing followed by Savor the Senior Centers Tasting Event

continued from page 1

For the Whitney Point/Lisle area (Nov. 5 event only) – Updates on the Naturally Occurring Retirement Community (NORC) Project. We will discuss the NORC project and what to expect over the next few years in the Northern Broome region. Rural Health Network was awarded this grant in late April by the New York State Office for Aging. The grant will be used to help older residents in the areas of Whitney Point, Lisle and Triangle remain in their homes and community.

We encourage people to attend in person; however, if you are unable to attend and would like to provide written testimony, please mail your comments to: BCOFA, P.O. Box 1766, Binghamton, NY 13902, or email OFA@broomecounty.us.

If you require special accommodations to attend, please contact the Office for Aging at (607) 778-2411 well in advance.

Nutrition Education with Office for Aging Eating Healthy on a Budget

Come learn the basics for eating healthy on a budget. The class will show you how to stretch your food dollars through methods such as advance planning, careful purchasing habits, and preparing food ahead of time. You may be surprised to learn that healthy eating is more affordable than you think!

This class will be offered at Broome County senior centers throughout the month of October. Registration is not required, and the class is free of charge. Check your local senior center’s newsletter for a schedule with dates and locations, or call the Office for Aging at (607) 778-2411.

Senior Center Spotlight

EASTERN BROOME

While the current facility was built nearly 20 years ago, Eastern Broome’s community of friends was established long before that. The group met in various places over the years, until 2000, when the Eastern Broome Senior Center was built at 27 Golden Lane in Harpursville. Today, the center serves as a hub for the Eastern Broome senior community, offering educational programs, recreational activities, and fun! With a strong team of volunteers who help at the reception desk, who decorate for special events, or who lend a hand in the kitchen for breakfast, lunch, or an evening meal, you will find lots of friendly faces whenever you come in.

There is no shortage of things to do at Eastern Broome. Stay fit and active in the exercise room or try out the Gentle Tai Chi class on Friday mornings. Join in some friendly competition over a game of Shuffleboard or Billiards! Or, perhaps you’d like to engage your creative side: try your hand at a painting class, or join the unique Woodcarving & Woodburning group, which meets on Wednesday mornings. No matter what you choose: you’re sure to find friends who share your interests!



Plus, you can always share a great meal. On Tuesday mornings, breakfast is served starting at 8 am. Every Thursday, you can stop in to enjoy the “Golden Griddle” lunch special: a different delicious entrée is featured each month—no reservation necessary. Evening Dining at Eastern Broome allows you to share a special supper with friends and enjoy door prizes and entertainment! On October 24, the popular Rich Wilson will perform!



Eastern Broome offers so many opportunities to meet with old friends or to form new relationships. It is a place to laugh, to learn, and to look forward to each new day! As one participant said, “the senior center provides good meals, good entertainment, and good fellowship!” How can we sum it up any better than that? Stop by to see for yourself.

To learn more about Eastern Broome, call Site Supervisor, Marcie, at (607) 693-2069, or check out page 10 of this paper for a complete listing of activities.

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Stan Anderson P.A.
Anne St. Pierre N.P.

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-Carol N.

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Caregiver Corner

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

Caregiver Event

Residential Contractors: What to Know Before Hiring a Contractor

Date: Thursday, October 10

Time: 1:00-2:00 PM

Location: Broome County Public Library, 185 Court Street, Binghamton, NY

Presenter: Donna Ciancio, Executive Officer for the Southern Tier Homebuilders & Remodelers Association

Before you or your loved one hire a contractor for that next home improvement project, attend this presentation to find out what you need to know. Older adults may find themselves with unfinished projects or unanswered questions if they hire a contractor based on very little to no information. This presentation will provide information on:

- What to look for in a contractor, including questions to ask
- Knowing what should be included in a contract
- Knowing various requirements, depending on the job
- Handouts that provide tips and hints to take away

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, October 7

Time: 1:00 – 2:30 PM

Place: **Broome West Senior Center**
2801 Wayne Street, Endwell

Date: Wednesday, October 16

Time: 9:30 – 11:00 AM

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Scam of the Month

Census Scam

With 2020 just a few months away, we wanted to remind everyone that the United States Census will be beginning in the new year. The Census's arrival could bring with it a number of Census scams. Scammers may present themselves as working for the Census Bureau to try to collect your personal information to steal your identity. These scammers might contact you through mail or by arriving at your home. It is important to respond to the (real) Census whenever you are contacted by them. Below are some tips on how to identify legitimate contacts from the Census Bureau:

- In March of 2020, the Census Bureau will mail you an invitation to complete the Census. You can complete the Census online, by mail or by phone. If you do not complete the Census, you will receive several reminders, starting with a reminder letter a few weeks after the original invitation.
- A Census worker must present an ID badge that has their photo on it, a Department of Commerce watermark, and an expiration date.
- The worker must provide you with a letter from the Director of the Census Bureau on U.S. Census Bureau letterhead.
- The Census Bureau does not need your full Social Security Number, bank or credit card numbers or your mother's maiden name.
- The Census Bureau does not e-mail surveys for the Census.

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 (New) Editor By Emma Saeger



Dear Readers,
I believe an introduction is in order! My name is Emma Saeger. I have worked within various departments of the Office for Aging for a number of years, and now it is with great pleasure that I begin my time as your new *Senior News* Editor.

As a native of Johnson City, NY, I have a great appreciation for Broome County and all it has to offer. I have learned that "the Broome County experience" is truly what you make of it—so I am eager to help

deliver the information and news that people need in order to take full advantage of all that goes on in this wonderful community!

Our theme for October is "Leaves are Falling; Autumn is Calling." Featured in this issue are articles about programs and services you or someone you know may be qualified to receive, especially those which will be helpful through the upcoming winter months. There is also an abundance of information on community events to help you enjoy Autumn at our eight Broome County Senior Centers, and beyond! It is my hope that you will take this information and answer "Autumn's Call!"

Thank you for welcoming me to the *Senior News*, and as always, thank you for reading!

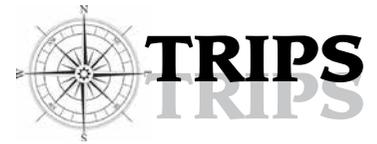
Senior Helpers Program

Fall is here, and Winter is just around the corner. As the seasons change, the chores that need to be completed around our homes also change. Raking leaves, cleaning gutters, winterizing our homes and taking care of snow removal are just a few. Do you find it is becoming difficult to manage these chores on your own? Consider hiring a Senior Helper. For over 40 years, the Senior Helpers Program (formerly GROW) has been providing the community with workers available for private hire who are skilled at performing jobs, large and small.

The Senior Helpers Program matches workers who are Broome County residents age 55 and older with individuals who need to hire help. Jobs can be short or long term and range from simple tasks to more complex projects. Workers may assist with general chores like grocery shopping, meal preparation, and transportation to appointments. They may also assist with personal care, including bathing, grooming and recreational activities. Workers who can fix a leaking faucet, repair a broken railing, install electrical fixtures, and more are also available through the program.

If you would like to find out more about hiring a Senior Helper, call the Senior Helpers Program at (607) 778-6105 between the hours of 8:30 and noon, Monday through Friday.

We provide the connection!



North Fenton Seniors Club

Contact: Ruth, 648-8425

October 24

"Islands in the Stream": Dolly Parton & Kenny Rogers Tribute Concert
Penn's Peak, Jim Thorpe, PA

Port Crane Seniors Club

Contact: Ruth, 648-8425

November 20

"Miracle of Christmas" Show
Sight & Sound Theatres,
Lancaster, PA

Johnson City Senior Center

Contact: Kim, 797-3145

December 3

Longwood Gardens & Kozier's Christmas Village
Kennet Square, PA & Bernville, PA

Eastern Broome Senior Center

Contact: Arlene, 759-6306

December 3

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



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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.

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

Eat Better, Eat Together

Scientific studies have suggested that when people eat meals in groups, rather than eating alone, they tend to make healthier food choices. October is National "Eat Better, Eat Together" Month. You can celebrate by enjoying a delicious meal (or two or three!) with friends, new and old, at one of our eight Broome County Senior Centers! Share in lunch without the cooking or the cleanup! Check out the Senior Center Events listings on pages 10 & 11, and find the daily hot lunch menu on the back page of this paper.

Want vs. Need

The words 'clutter' and 'declutter' are heard everywhere. How can we prevent more and more stuff from filling our homes? A quick start is to prevent new things from ever coming in. A good way to do this is to make fewer purchases of the things we *want* but don't *need*. You may *want* a mug to remind you of the bus trip, but do you *need* it if you already have 18 mugs in the cupboard?

Join the monthly Declutter Discussion on Tuesday, October 8 at 3 PM to learn more. The group meets at Broome West Senior Center, 2801 Wayne St., Endwell. Call Michelle at 785-3427 with any questions.

"A fallen leaf is nothing more than a summer's wave goodbye."

Unknown



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EVENTS at the CENTERS

Baking Demonstration: Homemade Croissants

Friday, October 18, 10:30 am
Northern Broome Senior Center
Come watch the process of making homemade crescent rolls!

"Personal Safety for Seniors" w/Officer Madeline Bay

Wednesday, October 9, 10:30 am
Vestal Senior Center
Binghamton University's Deputy Chief of Police, Madeline Bay, will present tips for seniors to stay safe.

Evening Dining: Oktoberfest!

Wednesday, October 9, 5 pm
First Ward Senior Center
Share an evening with friends over an Oktoberfest-inspired meal.

Bark-9 Therapy Dogs Visit

Wednesday, October 30, 10:30 am
North Shore Towers Center
Tails wagging & smiles all around—come interact with these loving 4-legged friends.

17th Annual Fall & Holiday Craft Show

Saturday, October 12, 10 am – 3 pm
Broome West Senior Center
Come see an amazing variety of items made by artisans & crafters. Enjoy door prizes, raffles, delicious food, and a bake sale.

Rummage Sale

Fri Oct. 4, 9 am – 3 pm &
Sat Oct. 5, 9 am – 1 pm
Johnson City Senior Center
Something for everyone! Bag sale for general merchandise both days. Large & specialty items priced individually.

19th Anniversary & Volunteer Recognition w/Orange Blossom Special

Friday, October 18, 9 am – 2:30 pm
Eastern Broome Senior Center
Celebrate 19 years at the Eastern Broome Senior Center and say "thank you" to its wonderful volunteers as you dance to the music of Orange Blossom Special!

Evening Dining: Prom Night! w/Mike Pero

Thursday, October 10, 4:15 pm
Deposit Senior Center
It's Prom Night! Enjoy a candlelight dinner & dance the night away to the Big Band sounds of Mike Pero!

What Color is Safely Cooked Poultry?

Making sure poultry is cooked thoroughly is very important to prevent foodborne illnesses. We've always been told not to eat poultry that still appears pink, but is that accurate?

The USDA Food Safety and Inspection Service says that in fact, sometimes fully-cooked poultry can range in color from white to pink to tan. Color can be influenced by the age of the animal, the species, sex, diet, and exercise that it gets. Older animals can have darker meat, as well as those that get more exercise, due to a protein called myoglobin, which contributes to the color and increases with age and exercise. Chemical changes can occur during cooking which react with proteins in the meat and give it a pink color. Preservatives such as nitrates and nitrites can also contribute to the color.

How do you know if your poultry is cooked? The best way is to use a food thermometer to check the internal temperature. All the meat, including pink meat, is safe to eat as soon as the food thermometer reads at least 165° F.

Enjoy this fun fall recipe from www.midwestliving.com.



RECIPE

Cider-Braised Chicken, Brussel Sprouts and Apples

4 Servings Prep 15 min Total 55 min

INGREDIENTS

4 slices chopped bacon • 8 bone-in, skin-on chicken thighs (3 ½ lbs. total)
 2 medium tart red apples cored, cut into wedges • 12-oz. bottle of cider
 2 tbsp. chopped fresh thyme • 2 tbsp. whole grain mustard
 1 tsp. salt • 12 oz. Brussel sprouts trimmed, halved if large (2 cups)

DIRECTIONS

In a large skillet, cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet. Add chicken, skin side down, cook 10 minutes or until brown, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until brown on both sides; remove from skillet. Add cider, thyme, mustard, and salt to skillet. Bring to boil; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussel sprouts, cover and cook 5 min. Add apples and cook, uncovered, 3-5 min more or until chicken is done. Serve!

Hot Dog Bar

October 9-11 at Participating Senior Centers

Before winter brings hearty soups, warm casseroles and hot chocolate our way, join us for one last summer picnic favorite. No reservations are necessary to enjoy a hot dog with all the trimmings. Savory toppings include your choice of onions, cheese, chili, mustard, ketchup and more. The meal also comes with sides, dessert and beverage.

Broome West	Wed & Thurs	October 9 & 10	11:15 am-12:30 pm
Eastern Broome	Wed & Fri	October 9 & 11	11:30 am-12:30 pm
Johnson City	Wed & Thurs	October 9 & 10	11:45 am-12:30 pm
Northern Broome	Wed	October 9	11:30 am-12:30 pm
Vestal	Wed & Fri	October 9 & 11	11:30 am-12 pm

The suggested contribution for lunch is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

“To succeed in life, you need three things: a wishbone, a backbone, and a funny bone.”
 Reba McEntire

Sick & Tired of Varicose Veins?



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-Julie S.

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- + Cramping

- + Itching or Rashes
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 *Ask about our **Saturdays** too!



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The 2019 Autumn Wii Bowling Tournament has arrived at Senior Centers!

Tournament play officially starts on Monday, October 7th and will finish on Friday, November 1st. Your best personal score each week will be recorded for 4 weeks. Prizes will be awarded to overall winners at the end of the tournament.

Participants must sign up with a \$1 entry fee by Friday, October 4th at a local senior center to join in on the fun. The Wii Bowling Tournament will end with a banquet celebration to be held on the afternoon of Friday, November 15 at the Broome West Senior Center in Endwell.

For more information, visit your local senior center or call the Office for Aging at 778-2411. Good luck to everyone!

Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30am	Eastern Broome Golden Griddle Brunch 10:30 am – 12:00pm
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	Northern Broome 10:00am – 12:30 pm

Walk-ins Welcome



Enjoy made-to-order pancakes, waffles, French toast, omelets. Call center for exact menu and additional details.

Broome County
Office for Aging



607-778-2411
www.gobroomecounty.com/senior

Protect Yourself from the Flu- Get Vaccinated!

Influenza, commonly called “the flu,” is more than just a bad cold. The flu is a very contagious virus. It can cause symptoms such as fever, chills, body aches, sore throat, cough, and headache.

Flu can also cause serious complications, and some people are more at-risk of developing them. These folks include adults age 65+ and people with chronic health conditions such as heart disease, diabetes, and asthma. Complications include sinus or ear infections, pneumonia, and sepsis. Hospitalization and death can result from influenza and its complications. In the 2017-2018 flu season, 664,465 adults age 65+ were hospitalized due to the flu, accounting for 70% of flu-related hospitalizations in the United States that year.

The best way to protect yourself is to get vaccinated every year. Get vaccinated early for better protection. The flu shot is safe, effective, and cannot give you the flu.

The flu shot is available at the following locations. Senior center addresses are listed on the back pages of this publication.

- 10/7 Broome West Senior Center 1:00 - 2:30 pm (Monday)
- 10/8 First Ward 10:00 - 11:30 am (Tuesday)
- 10/11 Eastern Broome 9:30 - 11:00 am (Friday)
- 10/15 Vestal 10:30 – 11:30 am (Tuesday)
- 10/17 Northern Broome 9:30 -11:00 am (Thursday)
- 10/23 Johnson City 10 – 11:30 am (Wednesday)
- 10/25 North Shore Towers 10 – 11:30 am (Friday)

For additional information, please consult with your healthcare provider or the Broome County Health Department at (607) 778-2839.

These flu clinics are provided by the Broome County Office for Aging and Price Chopper.

Time Warp!

What happened this month 60 years ago?

- October 2, 1959—Rod Serling’s *Twilight Zone* premieres on CBS-TV
- October 7, 1959—Far side of the Moon seen for the first time after USSR’s *Luna 3* space probe sends photos back to Earth
- October 10, 1959—Pan Am begins offering regular flights around the world



Luna 3

Image from: <https://nssdc.gsfc.nasa.gov/nmc/spacecraft/display.action?id=1959-008A>

The Broome County Home Repair Service

Home Repairs for Senior Citizens

A Non-profit public service operated by

First Ward Action Council, Inc.

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[https://
twitter.com/BroomeCountyOFA](https://twitter.com/BroomeCountyOFA)



Autumn Word Jumble

Unscramble the following words!

- TNAUMU _____
- VELSAE _____
- PEAPL _____
- ECRDI _____
- OUDTSN _____
- PIUPMNK _____
- AOICUPNOCR _____
- LPNETY _____
- THSEVAR _____
- EWCOCARSR _____
- AEKR _____

Answers on Page 8



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Meals on Wheels Can Help You Get Through the Winter



Colder weather is right around the corner. During the winter months, many older adults and people with chronic health conditions find it more difficult to get out to the grocery store, shop, and prepare meals. If you find yourself or a loved one in this situation, Meals on Wheels can help.

Meals on Wheels delivers warm, nourishing meals to participants' doors. Meals are tasty, heart healthy, properly portioned and physician recommended! One of the best things about receiving Meals on Wheels is that as volunteers deliver the meals, they are also providing a daily check on each participant's well-being.

Over 90% of Meals on Wheels participants report that receiving Meals on Wheels has helped them to stay healthier and helps them to continue living independently in their own homes!

Please call the Office for Aging for more information at (607) 778-2411.



Out & About with the Memory Maker Project

The Memory Maker Project offers interactive cultural programs for people living with memory loss, and their loved ones. The Memory Maker Project's October Events Schedule is listed below.

Out & About at Anthony Brunelli Fine Arts | Binghamton

Saturday, October 5, 11 am – 12 pm

186 State St, Binghamton, NY 13901

View and discuss artwork at our favorite contemporary art gallery.

Alztogether at Your Home Public Library | Johnson City

Wednesday, October 9, 1:30 pm – 3 pm

107 Main St, Johnson City, NY 13790

What is your favorite part of Fall? An interactive art workshop where we discuss and paint Fall leaves. In partnership with the Alzheimer's Association of Central NY.

Out & About at Roberson: Haudenosaunee People | Binghamton

Wednesday, October 16, 2 pm – 3 pm

30 Front St, Binghamton, NY 13905

View and discuss artifacts from the Haudenosaunee people.

Out & About at the Arnot | Elmira

Wednesday, October 23, 2 pm – 3 pm

235 Lake St, Elmira, NY 14901

View and discuss the current exhibit at the Arnot.

Registration is required for all programs.

Please call (607) 240-6204 or

email Christina@MemoryMakerProject.org to register.

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Serving the Elderly through Project Planning

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PAID ADVERTISEMENT

Help Spread the Word

About the Broome County Office for Aging Facebook Page

Help us reach 1,500 followers on our Facebook page! By ‘following’ our page, you’ll stay up to date with important information on programs, events, and services for older adults and caregivers in our community. Plus – you’ll help inform the community about programs and services for older adults every time you ‘like’ or ‘share’ a post.

You can find our page by typing

www.facebook.com/BroomeCountyOfficeforAging in your address bar, or just do a simple Google search for the Broome County Office for Aging Facebook page. Once there, you will see options to either ‘like’ or ‘follow’ our page under the cover photo. In order to receive the most up-to-date information, please choose to ‘follow’ our page. Thank you for helping us spread the word!



Autumn Word Jumble

ANSWERS

- AUTUMN
- LEAVES
- APPLE
- CIDER
- DONUTS
- PUMPKIN
- CORNUCOPIA
- PLENTY
- HARVEST
- SCARECROW
- RAKE



“You only live once, but if you do it right, once is enough.”

Mae West

Help with Hearing

There is no medical or surgical treatment for hearing loss caused by noise. Damaged hair cells do not grow back. As much as possible, you should try to protect your hearing. If you do have hearing loss, you should take steps to keep it from getting worse.

- Avoid noisy places whenever possible.
- Use earplugs, protective ear muffs, or noise-canceling headphones when around loud noises.
- Keep the volume down when listening through earbuds or headphones.
- Ask your doctor for a hearing checkup if you suspect you have hearing loss.
- If you develop a sudden hearing loss, contact your doctor immediately. Some treatments may help minimize the damage and reduce the severity of the hearing loss.

Things You Can Do to Help with Hearing

Look at the speaker. Your brain can pick up a lot of information from visual cues that can supplement what you hear to help you understand the message. Everyone reads lips more than they realize, and facial expressions and body language can provide helpful cues as well.

Find the best location for listening. Placing yourself between the speaker and sources of background noise makes it much easier to hear and understand what is being said. Practice finding the best locations for different situations. For example, sit across from your host in a restaurant, or stay in a room apart from the music at a party.

Choose favorable listening environments whenever possible. The physical characteristics of a room can make it easier or harder to hear. For example, choose restaurants with better lighting or meeting rooms with carpeted floors and acoustic ceiling tiles that reduce the echo (or reverberation) in a room.

Pay attention to the conversation. It is easier to understand a conversation in context than to understand a statement that has no background to help you know what it is about.

Alert others to your hearing difficulty. Speakers can use strategies to help you hear better as well, such as making sure they have your attention before they speak and giving you a clear view of their face.

Use closed captioning. When you watch TV, movies, and online videos, closed captioning can enhance your ability to understand the program.

Source: www.cdc.gov/nceh/hearing_loss

Frank Nicosia, Barber

113 Rano Blvd.

Next to the Vestal Post Office

Tues., Wed., Thurs. & Fri. 8-4

Home Energy Assistance Program 2019 - 2020

The Regular Season Home Energy Assistance Program (HEAP) provides non-emergency benefits to assist with the cost of home heating for eligible homeowners and renters. The Regular HEAP season opens on **November 12, 2019.**

There are several ways you can apply for HEAP. You can apply online at www.mybenefits.ny.gov. If applying on paper, the following agencies can help:

Broome County Office for Aging (OFA) accepts applications for Regular HEAP for homeowners and renters who are age 60 or over and for those with a permanent disability who receive Supplemental Security Income (SSI) or Social Security Disability (SSD). If you received a HEAP benefit in the 2018-2019 season, you should have received an "early outreach" application in the mail at the end of August. Please mail in your completed application to the Office for Aging.

If you are new to HEAP and need an application or if you have questions about HEAP, call the OFA HEAP line at 778-2063. Families receiving Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) may receive HEAP automatically and do not need to apply at OFA.

Department of Social Services (DSS) accepts applications for homeowners and renters under age 60 and not disabled. You can call DSS HEAP at 778-1100, extension 8, to request an application. DSS also accepts applications for fuel emergencies (Emergency HEAP will open on January 2, 2020) as well as for the HEAP Clean and Tune program and the HEAP Heating Repair and Replacement program.

2019-2020 HEAP Income Eligibility Guidelines:
(subject to change, additional income guidelines apply to larger households)

Household Size	Monthly Income Limit
1	\$2,494
2	\$3,262
3	\$4,030

Call the OFA at 778-2411 if you would like to explore other financial benefits you may be eligible to receive.

"How beautiful the leaves grow old. How full of light and color are their last days."
John Burroughs

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

(607) 724-2428



AVRE

Call us today and learn how we can help!

Early Voting in Broome County

The Broome County Board of Elections has announced the Early Voting Center locations and times for 2019. There are three sites for Early Voting ahead of the November General Election.

- Broome County Public Library, 185 Court Street, Binghamton
- Oakdale Mall, near the former Sears wing
- George F. Johnson Library, 1001 Park Street, Endicott

Early voting takes place beginning on October 26, 2019 and running through November 3. Note that the times are different depending on the dates:

- October 26: 12 – 5 pm
- October 27: 12 – 5 pm
- October 28: 10 am – 6 pm
- October 29: 12 – 8 pm
- October 30: 12 – 8 pm
- October 31: 7 am – 3 pm
- November 1: 10 am – 6 pm
- November 2: 12 – 5 pm
- November 3: 12 – 5 pm

Roasting vegetables is a great way to bring out their flavor without losing too much of their nutrition. Sweet potatoes add a wonderful pop of color to any Autumn plate, and they contain more fiber than white potatoes, especially if you do not peel them before cooking! Here is a simple, easy recipe:

Roasted Sweet Potatoes

Servings: 4

Ingredients:

- 1 lb. sweet potatoes, washed and cut into 1" cubes
- 1 tbsp. extra-virgin olive oil
- Kosher salt, to taste
- Freshly-ground black pepper, to taste

Directions:

- 1)Preheat oven to 450.
- 2) On a large baking sheet, toss sweet potatoes with olive oil and season with salt & pepper.
- 3) Roast until tender when pierced with a fork, tossing halfway through, 30 to 35 minutes.

**Optional: Kick the flavor up a notch! Consider trying cumin, chili powder, or curry powder, or fresh herbs like rosemary, thyme, or oregano to season your sweet potatoes. Bon Appetit!

<https://www.delish.com/cooking/a22639681/how-to-roast-sweet-potatoes/>

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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; 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

- 10/2 “Medicare Updates for 2020” Presentation w/Action for Older Persons, 11:30 am
- 10/3 Lourdes Mobile Mammography Van visits, 10 am – 2 pm
- 10/3,18 Bright & Beautiful Therapy Dogs, 12:30 pm
- 10/4 Binghamton University Nursing Students Visit, 9:30 am
Horse Racing Game, 12:30 pm
- 10/7 Flu Shot Clinic, 1 pm – 2:30 pm
- 10/8 Technology Assistance w/Binghamton University Students (*call for appt*), 10 am
Downsize & Declutter Discussion, 3 pm – 4:30 pm
- 10/9,10 Hot Dog Bar, 11:15 am – 12:30 pm
- 10/11 Pizza Lunch Special, 11 am
Center Closing Early (*afternoon activities cancelled*), 12 pm
- 10/12 (Sat.) Broome West’s 17th Annual Fall & Holiday Craft Show, 10 am – 3 pm
- 10/14 Breakfast Special: Pumpkin Spice Pancakes, 10:30 am – 12:30 pm
- 10/16 Caregiver Chat Group, 9:30 am – 11 am
Evening Dining (*Meatloaf w/ Gravy & Apple Pie*) w/guitarist Dan O., 5 pm – 7 pm
- 10/17 Philly Cheesesteak Day w/music by Marian Tewksbury, 11 am – 12:30 pm
- 10/28 Breakfast Special: Belgian Waffles, 10:30 am – 12:30 pm
- 10/31 Halloween Luncheon & Party w/Variety Show, 11 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: 10/1 Nickel; 10/8 Bag; 10/15 Quarter; 10/22 Nutrition; 10/29 Special Prizes
Craft Making, 10:30 am
- Thursdays: Chair Exercises, 11 – 11:30 am
- 10/8 “Medicare Updates for 2020” presentation w/Action for Older Persons, 11:45 am
- 10/10 Evening Dining (*Kielbasa or Halupki & Apple Pie*): Prom Night w/Mike Pero, 4:15 pm
- 10/15 Southern Tier Food Bank at the Deposit Fire Station, 11:30 am
Blood Pressures w/Sandy, 11:30 am
Home Energy Assistance Prog. presentation w/Delaware Co. Office for Aging, 11:45 am
- 10/24 History Discussion: The War of 1812, 11 am
- 10/31 Halloween Luncheon & Party, 11:30 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: *Turkey Reuben & Side Salad*
- 10/3,17,31 Bingo for Prizes, 11:45 am – 1 pm
- 10/8 Trip to Penn’s Peak: “Still Surfin’: a Musical Tribute to the Beach Boys” (*call for info*)
- 10/9 “Medicare Updates for 2020” Presentation w/Action for Older Persons, 12:15 pm
Health Insurance Counseling Appts w/Action for Older Persons (*must reserve*), 12:30 pm
- 10/9, 11 Hot Dog Bar, 11:30 am – 12:30 pm
- 10/10 Evening Dining (*Kielbasa or Halupki & Apple Pie*) w/The Cellar Yellers, 4 pm
- 10/11 Flu Shot Clinic, 9:30 am – 11:30 am
- 10/18 19th Anniversary & Volunteer Recognition w/Orange Blossom Special, 9 am – 2:30 pm
- 10/21 Broome County Office for Aging Satellite Office Day (*call for appt*), 10 am – 12 pm
- 10/24 Evening Dining (*Roast Beef w/ Gravy & Pumpkin Pie*) w/Rich Wilson, 4 pm
- 10/28 Lourdes Mobile Mammography Van visits (*call for appt*), 9 am – 3 pm
Horse Racing Game w/Bonnie Hill, 10 am
- 10/31 Halloween Luncheon & Party w/Games & Bingo, 10 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- 12:30 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*), 9:30 am
- Thursdays: Gentle Standing Yoga Class (\$3/class), 10 am
- 10/2 Social Club, 1 pm
- 10/3,4 AARP SmartDriver Course (*enrollment required*), 9 am – 12 pm
- 10/5 Rummage Sale, 9 am – 2 pm
- 10/8 Flu Shot Clinic, 10 am – 11:30 am
- 10/9 Evening Dining: Oktoberfest! (*Kielbasa or Halupki & Black Forest cake*), 5 pm
- 10/14 Center Closed in observance of Columbus Day
- 10/16 Legal Aid Society Appointments (*call for appt*)
Breakfast for Lunch: Pumpkin Pancakes, 10:30 am – 12 pm

FIRST WARD continued

- 10/17 Philly Cheesesteak Day w/Orange Blossom Special, 11:30 am
- 10/22 "Medicare Updates for 2020" Presentation
w/Action for Older Persons, 12 pm
- 10/24 Fall Harvest Dinner Dance
(advance tickets required/call for info), 5 pm
- 10/31 Halloween Luncheon & Party w/Orange Blossom Special, 11:45 am

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:

10/3 Binghamton University Nursing Students visit, 11 am - 1 pm

10/4 Rummage Sale, 9 am - 3 pm

10/5 (Sat.) Rummage Sale, 9 am - 1 pm

10/8 Nutrition Education w/Cornell Coop. Extension, 11:30 am

10/9 Medicaid Presentation w/Levene, Gouldin & Thompson, LLP, 10 am - 11 am

10/9,10 Hot Dog Bar, 11:45 am

10/15,17 AARP SmartDriver Course (enrollment required), 1 pm - 4 pm

10/15 Cooking Demo by Chef Weaver, 1:30 pm

Red Hat Society Meeting, 3:30 pm

10/16 Blood Pressure & Glucose Checks w/The Medicine Shoppe, 10 am - 2 pm

10/17 Legal Aid Society Appointments (please call for appt), 9 am - 12 pm

10/23 Haircuts for Men & Women by Debbie Roberts

(please call for appt), 10 am - 11:30 am

Flu Shot Clinic, 10 am - 11:30 am

10/29 "Understanding & Responding to Dementia-Related Behaviors" w/Alzheimer's Assn., 12:30 pm - 2 pm

10/30 Book Club: "Big Little Lies" by Liane Moriarty, 3 pm

10/31 Halloween Luncheon & Party, 11:45 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,

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

Special Activities:

10/2 Binghamton University Nursing Students visit, 9 am

10/4 "Medicare Updates for 2020" presentation

w/Action for Older Persons, 11:45 am

10/8 Evening Dining (*Meat Lasagna Bake & Apple Pie*)

w/Rich Wilson, 4:30 pm

10/9 Hot Dog Bar, 11:30 - 12:30pm

10/17 Flu Shot Clinic, 9:30 am - 11 am

NORTHERN BROOME continued

10/18 Baking Demonstration: Homemade Croissants

w/Leslie Hiemstra, 10:30 am

"Unusual Perennials" presentation

w/Cornell Cooperative Extension, 11:45 am

10/22 Evening Dining (*Roast Beef w/ Gravy & Pumpkin Pie*) w/Bingo, 4:30 pm

10/28 Nutrition Education w/Cornell Cooperative Extension, 10 am

10/31 Halloween Luncheon & Party, 10 am

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

10/2 Share a "cup o' joe" on International Coffee Day, 10:15 am

10/7 National Chocolate Covered Pretzel Day, 10:30 am

10/9,11 Halloween Crafts, 10:15 am

10/10 Evening Dining (Kielbasa or Halupki & Apple Pie)

w/Dan & Leah, 4:15 pm

10/14 Columbus Day Trivia, 10:15 am

10/21 Healthy Snacks, 10:30 am

10/24 Ceramics, 10:15 am

10/25 Come dressed in denim for National Denim Day

Flu Shot Clinic, 10 am - 11:30 am

10/28 Celebrate National Chocolate Day, 10:15 am

10/30 Bark-9 Therapy Dogs visit, 10:30 am

10/31 Halloween Luncheon & Party w/Games, 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:

10/2 Binghamton University Nursing Students Visit, 9 am

Medicare Updates for 2020 Presentation

w/Action for Older Persons, 10:30 am

10/3,17 Bingo, 10:15 am

10/7 King High Card Game, 12 pm

10/7,21 Chop & Chat (reservations required), 10:30 am

10/9 Personal Safety for Seniors Presentation

w/Officer Madeline Bay of BUPD, 10:30 am

10/9,11 Hot Dog Bar, 11:30 am - 12 pm

10/14 Breakfast for Lunch: Breakfast Sandwiches, 11:30 am - 12 pm

10/15 Flu Shot Clinic, 10:30 am - 11:30 am

Left Center Right Dice Game, 12 pm

10/16,30 Nutrition Education w/Cornell Coop. Extension, 11:30 am

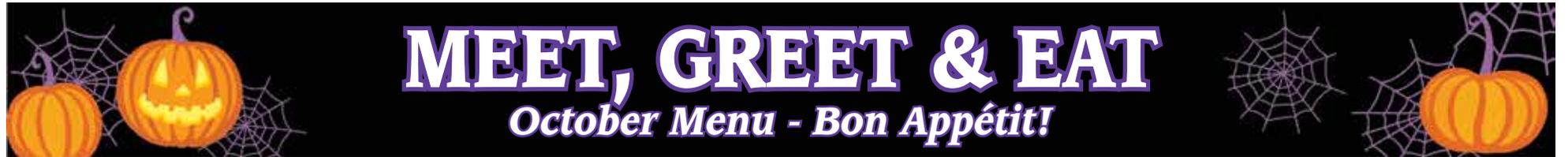
10/18 Pizza OR Chef Salad for Lunch, 11:30 am

Bunko Dice Game, 12 pm

10/22 Bake Sale, 10 am

Vestal Senior Club Meeting, 12:30 pm

10/31 Halloween Luncheon & Party, 10 am



MEET, GREET & EAT

October 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.

	Honey Ginger Chicken 1 Thigh, Boneless Dijon Roasted Potatoes Tangy Coleslaw Pineapple Upside Down Cake	Beef Stroganoff over 2 Buttered Noodles Beets Vanilla Pudding w/ Mandarin Oranges	Ham Steak 3 w/Honey Mustard Sauce Au Gratin Potatoes Peas Spiced Sliced Apples	Spinach Parm. Pollack 4 OR Meatloaf w/Gravy Baked Potato w/Sour Cream Italian Blend Vegetables Raspberry Brownie Delight
Ziti Parmesan 7 Sausage Soup Banana Sherbet Cup	Roast Pork w/Gravy 8 Bread Dressing w/ Gravy Green Beans Raspberry Fruited Gelatin w/ Whip Topping	Chicken Salad 9 Croissant Sandwich Baked Beans Ambrosia Pumpkin Cookie	Liver & Onions OR 10 Rotisserie Chicken w/ Marengo Sauce Mashed Potatoes w/Gravy Baby Carrots, Butterscotch Pudding w/Whip Topping	Herb Rubbed Pollack 11 OR Sliced Roast Beef w/ Gravy Macaroni & Cheese Spinach Cinnamon Apple Slices
Meatball Parmesan 14 Sub Minestrone Soup Fruit Cocktail Sugar Cookie	Beef Burgundy over 15 Buttered Noodles Caesar Salad w/ Parm. Cheese & Croutons Bread Pudding w/Raisins	Chicken Parmesan OR 16 Halupki w/Sauce Mashed Potatoes w/ Tomato Gravy, Italian Green Beans Banana Cake w/Vanilla Icing	Macaroni & Cheese 17 Stewed Tomatoes Italian Blend Vegetables Pineapple & Mandarin Oranges	Roast Turkey w/Gravy 18 OR Broiled Fish Mashed Potatoes w/ Gravy Peas & Carrots Lime Gelatin w/ Whipped Topping
Chicken Alfredo over 21 Rotini Pasta Peas w/Mushrooms Ice Cream Cup	Pierogis w/Kielbasa 22 & Onions Three Bean Salad Rice Pudding w/ Whipped Topping	Roast Pork w/Gravy 23 Mashed Potatoes w/ Gravy Red Cabbage Supreme Peanut Butter Brownie	Rotisserie Chicken 24 Baby Red Potatoes Winter Squash Apple Crisp w/Whipped Topping	Salmon Patty w/Dill 25 OR Meatloaf w/Gravy Chantilly Potatoes Capri Blend Vegetables Orange Fruited Gelatin w/ Mandarin Oranges
Beef Stew over Biscuit 28 California Blend Veggies Warm Spiced Peaches Oatmeal Cookie	Chicken Spinach Pasta 29 Casserole Winter Squash Garden Salad w/ Tomato & Cucumber Pineapple Upside Down Cake	Stuffed Shells w/ 30 Marinara Sauce Italian Green Beans Vanilla Pudding w/Whip Topping	Halloween Party! 31 Roast Turkey w/Gravy Mashed Potatoes, Hot Beets Chocolate Brownie w/Mint Green Frosting & Orange Sprinkles	

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

You Are Invited

to a

Halloween Party & Luncheon

Thursday, October 31 at Participating Senior Centers

Start your Halloween celebration early and visit a local senior center dressed in your favorite costume. Enjoy games, raffles, refreshments, costume contests, and much more. A delicious luncheon will be served around 12 noon, featuring a festive dessert!

Lunch reservations are needed, so please call a participating center to make your reservation and find out what special activities will be happening (Phone numbers are listed in the activity section of this paper).

The suggested contribution for lunch is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$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

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