Mary E. Turbush, Director | Jason T. Garnar, Broome County Executive | Volume 56 Number 11 | November 2026

BROOME COUNTY OFFICE FOR AGING

SENIOR NEWS

Visit Our Website at www.broomecountyny.gov/senior





On this Veterans Day, the Broome County Office for Aging extends our deepest gratitude to all who have served our nation. Your courage, commitment, and sacrifice have protected our freedoms and shaped the country we know today.

Thank you for your service. We are forever in your debt.

With heartfelt appreciation,
Broome County Office for Aging

Veterans Recognition and Remembrance at Senior Centers

All veterans and their families are invited to a special Veterans Recognition and Remembrance at the Deposit Senior Center with an evening meal on Thursday, November 5th. The Chenango Bridge Senior Center will have their event on Monday, November 9th and the other senior centers will have a day on Tuesday, November 10th.

Senior centers are offering a variety of activities to honor all Veterans service to our country including recognition ceremonies and music. A delicious meal will be served around noon.

All veterans will receive a complimentary lunch. For all others, the voluntary, suggested contribution for lunch is $4 for those age 60+ and spouse of any age. For those under age 60, the charge is $5. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

Please call the senior center of your choice to make a meal reservation by noon on Tuesday, November 3rd for Deposit, Friday, November 6th for Chenango Bridge and Monday, November 9th for the other centers.

Find the phone number of the senior center nearest you listed on the Look What's Happening at the Centers section of this *Senior News* publication.

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

Join us on Facebook

facebook.com/
BroomeCountyOfficeForAging/

Health and Wellness



Motivation with MaryJane

With the holiday season fast approaching, it is easy for our normal routines to get lost in the shuffle of festive gatherings, sweet treats, and colder weather. Maintaining our health and energy during this time doesn't mean missing out on the fun—it's all about balance, consistency, and keeping moving!

To help you stay on track, we are kicking off our **Healthy Holidays Challenge!** The goal isn't perfection; it's about making small, positive choices every day that help you feel your best through the new year.

How to Take the Challenge:

- **Keep Moving Every Day:** Aim for at least 15–20 minutes of light movement daily—whether that's an exercise class at your local senior center, a brisk autumn walk, or stretching at home.
- **Fill Up on Color:** Before diving into holiday treats, fill half your plate with colorful vegetables, fruits, and lean proteins.
- **Stay Hydrated:** Drink plenty of water throughout the day, especially before meals and holiday events.
- **Track Your Progress:** Keep a quick daily checklist of your movement and healthy meals to celebrate your daily wins!

Remember, every step counts, and taking care of yourself is the best gift you can give your mind and body this season. Let's encourage each other, stay active, and make this holiday season our healthiest yet!



WEEKLY ACTIVITIES

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

Monday	11:00AM	First Ward Senior Center (Binghamton)

Beginner Gentle Yoga
Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt.

Monday	9:30AM	Johnson City Senior Center ($3 charge)
Friday	10:00AM	Johnson City Senior Center ($3 charge)

Bonesaver Class
A low-intensity class, using light weights to help prevent osteoporosis and improve balance. No fee for this class.

Mon, Wed & Fri	10:00AM	First Ward Senior Center (Binghamton)
Mon & Wed	1:00PM	Johnson City Senior Center
Tues & Thurs	10:00AM	Northern Broome Senior Center (Whitney Point)
Wednesday	10:00AM	Broome West Senior Center (Endwell)

Line Dancing
Choreographed dance with a sequence of steps done in lines or rows.

Monday	10:45AM	Johnson City Senior Center ($3 charge)
Monday	1PM (Beginners)	First Ward Senior Center (Binghamton)
Monday	2PM (Intermediate)	First Ward Senior Center (Binghamton)

Zumba
Low impact dance aerobics class. Based on dance moves choreographed to Latin and international music.

Mon & Fri	9:30AM	First Ward Senior Center (Binghamton) ($3)
Tuesday	10:30AM	Johnson City Senior Center ($3)

Low-Impact Aerobics
Modified stretches, body movements and routines that improve and tone your body.

Thursday	10:00AM	Johnson City Senior Center ($3 charge)

Tai Chi
Relieve stress, improve balance, increase flexibility, and promote wellness.

Thursday	1:00PM	Johnson City Senior Center ($3 charge)
Friday	9:30AM	Eastern Broome Sr. Center (Harpursville)

Chair Exercise
Increase flexibility, range of motion and circulation.
No fee for this class.

Tues & Thurs	10:30AM	Broome West Senior Center (Endwell)
Tues & Fri	12:30PM	Johnson City Senior Center

Vivo Exercise Class
Fun and safe workouts that focus on strength, balance, and mobility.

Friday	10AM	Vestal Senior Center

***Complete addresses and phone numbers for all Senior Centers located on pages 3 & 4.**

"Imagination... its limits are only those of the mind itself."

– Rod Serling

LOOK WHAT'S HAPPENING AT THE CENTERS!

****Meal reservations are needed by noon the business day prior for all Senior Centers****

SENIOR CENTER CLOSINGS:

Wednesday, November 11th in honor of Veterans Day
Thursday, November 26th & Friday,
November 27th for Thanksgiving

Broome West Senior Center

Site Supervisor - Deanna
2801 Wayne Street, Endwell, NY 13760
Center Hours: Monday - Friday, 9 – 3PM
Gift Shop: Monday – Friday, 9 – 2PM
Lunch is served at 12PM
607-785-1777

Due to renovations, please call for November events.

Chenango Bridge Senior Center

Site Supervisor – Interim Tara & Terry
740 River Road, Binghamton, NY 13901
Located in the First United Methodist Church of Chenango Bridge
Center Hours: Mondays, Wednesdays, and Fridays, 9 – 2PM
Lunch is served around 11:30AM
607-663-0406

Weekly Activities

Wednesday: Hand & Foot Card Game 9:30AM;
Bonebuilders 10 – 11AM
Friday: Mahjong 10AM; Chair Dancing 1:30PM

Special Activities

11/6 Horse Racing Board Game 10:30AM
11/9 Veterans Remembrance Day 10 – 2PM
11/20 & 27 Pinochle 9AM
11/9 & 30 Chop & Chat 10:30AM Call to sign up.
11/13 Bingo 10:30AM
11/16 Clover Chat 10AM
11/18 Thanksgiving Luncheon & Celebration 11:30AM
Including a holiday craft!
11/20 Vaccination Education
by Broome County Health Department 12PM
11/23 Horse Racing Board Game 10:30AM
11/25 Power Walk Turkey Trot 1PM

Lunch reservations can be made by calling the center Monday, Wednesday or Friday during center hours. Reservations are due at least one day in advance by 1PM.

Deposit Senior Center

Site Supervisor - Mary
14 Monument Street, Deposit, NY 13754
Located in Christ Episcopal Church
Center Hours: Tuesday & Thursday, 10 – 2PM
Lunch is served at 12:30PM
607-467-3953

Weekly Activities

Tuesday: Balance/Strength for Seniors 11 – 11:30AM; BINGO 1 - 2PM
Thursday: Wii Games 10:30 – 12:30PM

Special Activities

11/3 Neurocognitive Communication Screenings by Binghamton University 10 – 2PM Call 607-777-4664 to register.
11/5 Veterans Day Remembrance – Evening Meal 4:30PM
(Center open 2 – 6PM)
11/19 Discover Live: Krakow, Poland 10AM 11/19 Thanksgiving Luncheon 12:30PM

Eastern Broome Senior Center

Site Supervisor - Tessa
27 Golden Lane, Harpursville, NY 13787
Center Hours: Monday – Friday, 9 – 2PM
Crowe's Nest Gift Shop: Monday – Friday, 9 – 2PM
Lunch is served at 12PM
Breakfast Made-To-Order: Tuesdays, 8 - 9:30AM
607-693-2069

Weekly Activities

Monday: Shuffleboard 9AM; Pinochle 9:30AM
Tuesday: Breakfast to Order 8 - 9:30AM; Mobile DMV 9 - 1PM
(Closed 11:30 - 12PM), Music JAM 10AM
Wednesday: Crafters Group 9 - 11AM; Billiards 10 – 12PM
Thursday: Acrylic Painting Group 9 - 11AM;
Bingo for Prizes 10 - 11:30AM
Friday: Shuffleboard 9AM; Gentle Tai Chi 9:30 – 10:30AM
Monday-Friday: We offer cards, dominoes, a variety of boardgames, and the Wii.

Special Activities

11/2 November Birthday Celebrations 10:30AM
11/4 Finance Meeting 9:30AM Site Council Meeting 10:45AM
11/6 Burger Bar 11:30AM
11/10 Veterans Day Remembrance – Lunch 11:30AM
Guest speakers after.
11/12 Golden Griddle - Soup 'n' Sandwich 11:30 – 12:30PM
11/16 Discover Live: Wales, United Kingdom 12:30PM
11/18 Thanksgiving Luncheon 12PM
Entertainment by Mike's Jukebox 12:15 – 1:30PM
11/20 Neurocognitive Communication Screenings
by Binghamton University 10 – 2PM
Call 607-777-4664 to register.
11/25 Chop & Chat 9:30 - 10:30AM Call to sign up.
11/30 Farm Race Game 10AM

First Ward Senior Center

Site Supervisor - Jessica
226 Clinton Street, Binghamton, NY 13905
Center Hours: Monday - Friday 8:30 - 3:30PM
Lunch is served at 11:45AM
Center: **607-797-2307**
Meal reservations: **607-729-6214**

Weekly Activities

Monday: Zumba 9:30AM ($3); Bonesavers 10AM; Chair Yoga 11AM ($5); Penny Bingo 12:30PM; Texas Hold'em 12:30PM;
Beginners Line Dancing 1PM; Intermediate Line Dancing 2PM
Tuesday: Knitting & Crocheting 9AM; Discussion Group 10:30AM;
Progressive Pinochle 11:30AM; Int. Mahjong 12:30PM
Wednesday: Ceramic 9AM; Bonesavers 10AM;
Chorus 9AM (when in session; call for details)
Thursday: Stitch and Stuff 9AM;
Stress-Free Coloring Group 10:30AM; Cornhole 1PM
Friday: Ceramics 9AM; Zumba 9:30AM; Bonesavers 10AM

Special Activities

11/2 & 17 Holistic Healing - 15-minute Reiki, Chakra, Card Readings or Foot Reflexology 10 - 11:30AM $3
(advanced registration and payment required)
11/3 Craft Class: Fall Leaf Mason Jar $5/person 10AM
11/5 Executive Board Meeting 9:30AM
11/6 Film Friday: "Good Will Hunting" 1PM

11/9 Neurocognitive Communication Screenings by Binghamton University 10 – 2PM Call 607-777-4664 to register.
11/10 Veterans Day Luncheon w/ Musical Guest, Rick Pedro 11:30AM
11/10 Chop & Chat: Ranch Taco Soup 1PM Call to sign up.
11/10 Neighborhood Watch 6PM
11/12 Legal Aid 9 - 11:30AM Call for an appointment.
11/12 Grill Day: Turkey Club w/ Musical Guest, Dan & Lea 11:30AM
11/17 Vaccination Education by Broome County Health Department 12PM
11/18 Thanksgiving Luncheon w/ Musical Guest, Bits & Pieces 11:30AM
11/20 Film Friday: "Song Sung Blue" 1PM
11/23 Breakfast for Lunch - French Toast w/ Cinnamon Apple Topping 10:45 - 12:15PM (no take-out available)

Johnson City Senior Center

Site Supervisor - Kim
30 Brocton Street, Johnson City, NY 13790
Center Hours: Monday – Thursday, 9 – 4PM; Friday, 9 – 2PM
Lunch is served at 11:45AM
607-797-3145

Weekly Activities

Monday: Bingo Board Sales 12:30 – 1:30PM; Games Played 1:30 – 4:30PM; Guitar Group 9 – 12PM ($2); Watercolor Painting 9:30 – 11:30AM ($3); Gentle Yoga 9:30 – 10:30AM ($3); Line Dancing 10:45 – 11:45AM ($3); Knitting and Crocheting 11:30 – 1:30PM (no fee); Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Tuesday: Guitar Group 9 – 12PM ($2); TOPS 9 – 11AM; Zumba 10:30 – 11:30AM ($3); Chair Exercises: Stretch DVD 12:30 – 1:15PM (no fee); Abs & Core Chair Exercises 1:15 – 1:45PM (no fee)
Wednesday: Quilting 9 – 12PM; Bridge 10:30 – 2:30PM; Penny Bingo for Fun 12:30 – 3PM; Progressive Pinochle 12:30 – 3PM; Mahjong and Beginners Mahjong 1 – 3PM; Stretch Band Exercises 12:30 – 1:00PM (no fee); Chair Exercises for Mobility 1 – 2PM (no fee)
Thursday: Guitar Group 9 – 12PM ($2); Oil Painting & Drawing 10 – 1PM ($3); Low-Impact Aerobics 10 – 11AM ($3); Abs & Core Chair Exercises 11:30 – 12:30PM (no fee); Tai Chi 1 – 2PM ($3); Euchre (card game) 1 – 3:30PM; Canasta 1 – 3PM
Friday: Gentle Yoga 10 – 11AM ($3); Line Dancing 11:15 – 12:15PM ($3); Chair Exercises: Strength DVD 12:30 – 1:15PM (no fee)

Special Activities

11/2, 9, 16, 23, & 30 Greater Good Grocery Bus 11 – 12PM
11/3 Chop & Chat (Faith in Action) 11 – 12PM Call to sign up.
11/6, 13, & 20 Poetry Group 12:30 – 2PM
11/7 Fall Bingo Bash: Doors Open 3PM; Board Sales 4 – 5PM; Games Played 5 – 8PM
11/10 & 24 Widow & Widowers Support Group 10 – 11:30AM
11/10 Financial Q&A: Ask Me Anything 11:45 – 12:45PM
11/10 Veterans Day Luncheon 11:45AM
11/10 Discover Live: Capitol Hill, Washington D.C. 2:30 – 3:30PM
11/12 Veteran Day Performance with the JCSC Harmony Group 12:15 – 12:30PM
11/12 & 13 AARP Driver Safety 1 – 4PM Fee applies; registration required.
11/13 Scam Prevention Interactive Presentation & Panel Event by Binghamton University 11AM
11/15 Southern Tier Orchid Society 1:30 – 2PM social time; 2 – 4PM meeting; speaker from J&L Orchids.
11/17 Neurocognitive Communication Screening by Binghamton University 10 – 2PM Call 607-777-4664 to register.
11/18 Discover Live: Split, Croatia 11 – 12PM
11/18 Greeting Card Class 1:30 – 3PM Signup in advance; class size limited. $8 fee covers materials for two unique cards and instructor fee.
11/18 LGBTQ+ Senior Social Group 3 – 4PM
11/18 Alzheimer's Association – Caregiver Support Group 4 – 5:30PM Registration and pre-screening required; call ALZ at 315-472-4201 x227.
11/19 Legal Aid 9 – 12PM Call for an appointment.
11/24 Chop & Chat (Faith in Action) 11 – 12PM Signup by 11/17.
11/24 Discover Live: Plymouth, England 1:30 – 2:30PM
11/25 Haircuts 10 – 11:30AM Call for an appointment.
12/2 Book Club (Prep by Curtis Sittenfeld) 3 – 4PM

Northern Broome Senior Center

Site Supervisor - Heather
12 Strongs Place, Whitney Point, NY 13862
Center Hours: Monday - Friday, 9 – 3PM
Senior Center Store: Monday – Friday, 9 – 3PM
Lunch is served at 12PM
607-692-3405

Weekly Activities

Monday: Bingo 10:30 – 11:30 AM; Mobile DMV 9 – 1PM
Tuesday: Osteo Bonesavers Class 10 – 11AM; Wii Bowling 10AM
Wednesday: Sewing 9:30AM; Shuffleboard 10AM
Thursday: Pitch 9AM; Cornhole 10AM; Osteo Bonesavers Class 10 – 11AM
Friday: Bingo 10:30 – 11:30AM; Mobile DMV 9 – 1PM

Special Activities:

11/2 Vaccination Education by Broome County Health Department 11:15AM
11/4, 18, & 20 Drumming 12:30PM
11/5 Baked Potato Bar for Lunch 11:30AM Signs up preferred.
11/6 Discover Live: Sicily, Italy 12PM
11/9 Chop & Chat: Ranch Taco Soup 1PM Call to sign up.
11/10 Veterans Day Celebration – Program begins 10:45AM, Motivational speaker, Rick Yarosh 11AM, Lunch 12PM
11/12 Breakfast for Lunch 10AM (Retired teachers 9:30AM)
11/16 Neurocognitive Communication Screenings by Binghamton University 10 – 2PM Call 607-777-4664 to register.
11/17 Golden Agers 12:30PM
11/19 Discover Live: Krakow, Poland 10AM
11/20 Soup and Sandwich Bar 11:30AM

Vestal Senior Center

Site Supervisor - Jennifer
201 Main Street, Box #4, Vestal, NY 13850
Located in Old Vestal High School Cafeteria
Center Hours: Monday - Friday, 9 – 1:45PM
Lunch served at 11:15AM
607-754-9596

Weekly Activities

Monday: Hand & Foot Card Game 9AM; Mahjong 12PM
Tuesday: Pinochle 9AM
Wednesday: Knitters Group 9:30AM; Bridge 12PM; Oil Painting 1PM
Thursday: Card Group 9 – 11AM; Bingo 9:45AM
Friday: Vivo Exercise Class 10AM

Special Activities

11/2 & 23 Chop & Chat 10AM Call to sign up.
11/2 King High Card Game 12PM
11/4 Vestal Library Tech Help 10:15AM
11/4 Loaded Baked Potato Bar 11AM
11/9 Breakfast for Lunch – Blueberry Pancakes 11AM Dine in only.
11/10 Veterans Day Luncheon 11AM
11/12 How Spatial Memory Changes with Age and Intervention That May Benefit Memory presentation by Binghamton University 11:30AM
11/17 Card Making with Mercia 9:15AM Call to sign up.

11/18 Thanksgiving Luncheon 11AM
Entertainment by Friday at Fred's 12PM
11/19 Discover Live: Krakow, Poland 10AM
11/19 Left Right Center Dice Game 12PM
11/20 Pizza or Chef Salads 11AM
11/20 Bunko 12PM
11/23 Neurocognitive Communication Screening
by Binghamton University 10 – 2PM
Call 607-777-4664 to register.
11/23 Stop The Steal Awareness Campaign 11:30AM

Downsize & Declutter Discussion with Joan

With Thanksgiving and the holiday season right around the corner, we often think about having "enough"—enough good food, enough time with family, and enough gratitude. But take a look around your home, do you also have more than enough stuff? From extra trinkets and loose papers to tools and clutter, it's easy for items to accumulate over time.

Explore more on Tuesday, November 10th at 3PM on Zoom.

To attend the meeting, contact Joan Sprague at spraguejm@verizon.net

RESEARCH PARTICIPANTS NEEDED

BINGHAMTON UNIVERSITY
STATE UNIVERSITY OF NEW YORK

Neurocognitive Communication Screening at the Senior Centers

- Memory Testing
- Language Skills
- Attention Tasks
- Problem Solving

Are you over 50 years old?

You may be eligible to participate in a research study at your local senior center in Broome County.

$25 Gift Card About 20 minutes Free screenings

What will you do?

- Read a short passage
- Complete a formal screening questionnaire
- Describe pictures

Deposit Senior Center - November 3rd 10 – 2PM

First Ward Senior Center - November 9th 10 – 2PM

Northern Broome Senior Center - November 16th 10 – 2PM

Johnson City Senior Center - November 17th 10 – 2PM

Eastern Broome Senior Center - November 20th 10 – 2PM

Vestal Senior Center - November 23rd 10 – 2PM

Please note: The screening will be audio recorded. Your name will not be stated in the recording.

You will reserve a free screening, a discussion of your results, and an optional clinic referral if a more detailed evaluation may be helpful.

Interested?

You can register by contacting Reethee Anthony, Ph.D., CCC-SLP by calling **607-777-4664** or by emailing **mantony@binghamton.edu**

Participation is voluntary. You may stop at any time without penalty.

Division of Speech and Language Pathology at Binghamton University

Special Events at the Centers

Broome West Senior Center
Due to renovations, please call 607-785-1777 for November events.

Chenango Bridge Senior Center
Wednesday, November 25th 1 – 2PM
Power Walk Turkey Trot with our Big Turkey!

Deposit
Every Tuesday 1 – 2PM
Bingo!

Eastern Broome
Thursday, November 12th 11:30 – 12:30PM
Golden Griddle!

Soup 'n' Sandwich

First Ward
Movie Fridays!
Friday, November 6th at 1PM
"Good Will Hunting"

Friday November 20th at 1PM
"Song Sung Blue"

As always, free popcorn and soda for purchase!

Johnson City
Saturday, November 7th
Fall Bingo Bash

We've got a special Saturday Bingo with our exceptional Bingo Kitchen!

Doors Open 3PM
Board Sales 4 – 5PM
Games Played 5 – 8PM

Can't make this one? We also have Bingo on Mondays.

Northern Broome
Friday, November 20th at 11:30AM
Soup and Sandwich Bar

Vestal
Wednesday, November 4th at 11AM
Loaded Baked Potato Bar

Enjoy a baked potato with choices of chili, broccoli, cheese, bacon, sour cream, and chives.

"A kind gesture can reach a wound that only compassion can heal."

— Steve Maraboli



Mark Your Calendar!
Upcoming Community Events

Local Library Book Sales
George F. Johnson Memorial Library
1001 Park Street, Endicott
Friday, November 6th 10 – 4PM
Saturday, November 14th 10 – 2PM
Friday, November 20th 10 – 4PM
Cash only. For more information, please visit
https://www.gfjlibrary.org/friends/

Broome County Public Library
185 Court Street, Binghamton
Wednesday, November 18th 4 – 7PM
Thursday, November 19th 10 – 2PM
Friday, November 20th 10 – 2PM
Saturday, November 21st 10 – 1PM
For more information, please visit
https://www.thebcpl.org/events/upcoming

First Friday Art Walk
Downtown Binghamton
Friday, November 6th 6 – 9PM

First Friday is a monthly event organized by the Broome County Arts Council (BCAC) that invites community members to explore a variety of art exhibitions and creative highlights in Downtown Binghamton. Check out the website for events:
https://broomearts.org/in-the-community/first-friday/

Broome County Regional Farmers Market
840 Front Street, Binghamton
Saturdays, 9 – 1PM

All our vendors are local to Broome or surrounding counties and produce the best products around. Our market accepts SNAP/EBT, Farmers Market Nutrition Program, FreshConnect, Produce Prescription, and Broome County Veterans coupons. Come visit the market to meet your local farmers/artisans, buy fresh produce and delicious prepared food. Help your community thrive. Buy local, buy fresh!

STICS 5th Annual Holiday Craft Fair
Southern Tier Independence Center
135 E Frederick Street, Binghamton
Saturday, November 7th 10 – 3PM

Save the date! The STIC Holiday Craft Fair will be held on Saturday, November 7th from 10am to 3pm. The event will feature local vendors, a 50/50, basket raffles, delicious fall food and so much more! Get your holiday shopping done early while helping us continue our mission of empowering people with disabilities!

The Revolution and the Creation of American Music
Phelps Mansion
191 Court Street, Binghamton
Sunday, November 8th 11 – 1PM
Tickets: $15 for non members
https://phelpsmansion.org/event/ar250_music_talk/

Explore the decades following American independence and the development of a distinctly American style of music.

Fiber Guilds Exhibit
Vestal Museum
328 Vestal Parkway East, Vestal
November 11th – January 8th

Join us for a celebration of fiber guilds from our community. Call 607-321-6013 for more information. Admission is free.

Craft and Bake Sale
Reynolds Pointe Senior Independent Living Senior
1035 Anna Maria Drive, Johnson City
Saturday, November 21st 10 – 2PM

All proceeds go to fun activities for the residents. Cash only. Please call Judy if you have any questions at 607-725-9360.

Thanksgiving Luncheon

Enjoy a traditional Thanksgiving dinner with all the fixings at a Broome County Senior Center!

Celebrate on Wednesday, November 18th around noon at local senior centers or Thursday, November 19th at the Deposit Senior Center.

We make this day fun and festive, so call the senior center of your choice to make your lunch reservation by noon at least one day in advance. Find phone numbers listed in the "Look What's Happening at the Centers!" section.

The voluntary suggested contribution for lunch is $5 for those age 60+ and spouse of any age. For those under age 60, the lunch charge is $6. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



TECHNOLOGY CORNER

TECHNOLOGY Q&A

Q: "How do I make the text on my phone larger and easier to read?"

Struggling to read small text on your smartphone screen? You don't need to strain your eyes! Both iPhones and Android devices allow you to easily increase text size across your phone's apps, emails, and text messages.

Here is how to adjust your settings in just a few quick steps:

On an iPhone:

1. Open your **Settings** app (the grey gear icon).
2. Tap **Display & Brightness**.
3. Tap **Text Size**.
4. Drag the slider at the bottom of the screen to the right to make text larger.
5. Extra Tip: Need it even bigger? Go to **Settings**, then **Accessibility**, then **Display & Text Size**, then turn on **Larger Text** to unlock even larger sizes.

On an Android Phone:

1. Open your **Settings** app (the gear icon).
2. Tap **Display** (or **Accessibility**, depending on your model).
3. Tap **Font size and style (or Display size and text).**
4. Drag the slider to the right to enlarge your font.

TECHNOLOGY CLASSES THAT COME TO YOUR LOCAL SENIOR CENTER:

Vestal Public Library comes to the
Vestal Senior Center
Wednesday, November 4th 10:15AM

CLASSES AT LOCAL LIBRARIES:

Personalized Tech Assistance from the George F. Johnson Memorial Library
Every Tuesday and Thursday 2 – 4PM
1001 Park Street
Endicott, NY

Receive one-on-one technology support tailored to your needs. Whether you want to learn how to use a smartphone, tablet, computer, or navigate the internet, our knowledgeable staff is here to help. Drop in during scheduled hours for friendly, patient guidance in a welcoming environment. Call the library at **607-757-5350** to register.

Basic Computer Classes through the Broome County Library
Every Wednesday 10 – 12PM
185 Court Street
Binghamton, NY

These classes are intended for people with little or no computer experience. Lessons are personalized for each group of students. Typical topics include:

Basic computer equipment, vocabulary, and usage
Email accounts
Internet usage
Microsoft Office and Google Docs
Online tasks like signing up for accounts or submitting applications
Windows desktop and files

Contact us at **607-778-6406** to preregister. Walk-ins may register but will be scheduled to start at a later date.

ONE-ON-ONE TECHNOLOGY ASSISTANCE:

Broome County Library: Assistance is available every Thursday from 1 – 3 PM. Call **607-778-6451** or email bcplreference@gmail.com to book a 20-minute session.

Nineveh Public Library (Tech Talk for Seniors): Technology assistance and answers to your questions are available! Call the Library for details at **607-693-1858**

SUDOKU

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

ANSWERS ON P. 15

			2		9			7
7		2		1				
		9					8	
			4	3		7	5	
4	3				5			
			7		2		9	4
		8	9	2				
9			3		7			6
6	7					2	4	

LGBTQ+ SOCIAL GROUP:

The next LGBTQ+ Senior Social Group will be Wednesday, November 18th from 3 – 4PM at the Johnson City Senior Center
30 Brocton Street, Johnson City



Johnson City Senior Center
Contact Dorothy 607-743-1747

Stay tuned for our 2027 trips!

Port Crane Seniors
Contact: Donna 607-648-6071

November 19th – Pines Dinner Theater "Up on the Housetop"

Vestal Senior Citizens Club
Contact Pat 607-797-3908

September 18th – 25th
2027 New England Cruise to Nova Scotia
(Deadline to sign up 1/21/2027)



Nature Walking Club

The Nature Walking Club invites you to join them for a season of outdoor exploration.

Each group walk will be held weather permitting. Each participant will walk at their own risk. We will explore native and invasive plants, as well as the history and lore of the places we visit. Come join this fun group!

November 12th 10AM – Binghamton University Nature Preserve. Take Murray Hill Road to Washington Drive and park at the top of Lehigh Ave.

December 10th - Brick Pond, Owego. Park in main parking area on East Front Street.

Reservations are not required. For more information on the walks, please call Mary Lou at **607-343-4985**.

Woodburn Court 1 Apartments
21-23 Exchange St
Binghamton. NY 13901
Call: 607-723-7875
TOD: 711 Relay
EQUAL HOUSING OPPORTUNITY
62 or older and those with a disability over the age of 18
Owned and operated by C.S. American Management
Now accepting applications!
•148 One Bedroom Apartments
• Project-Based Section 8
• Elevators
• Secure Building
• Gated Parking lot
• 24- Hour Maintenance
If you have a disability and need assistance with the application process, please contact Cynthia at 607-723-7875.
PAID ADVERTISEMENT

Travel the World Virtually with Discover Live

Join us as we travel virtually with Discover Live. You can experience different cities around the world through interactive walking tours. An experienced tour guide will take you through their favorite places in their city. You get to interact and ask questions. These are free classes, and no reservations are required.

November 6th 12PM



Virtual walking tour through Sicily, Italy
(streamed to the Northern Broome Senior Center)

November 10th 2:30PM



Virtual walking tour through Capitol Hill, Washington D.C. (streamed to the Johnson City Senior Center)

November 16th 12:30PM



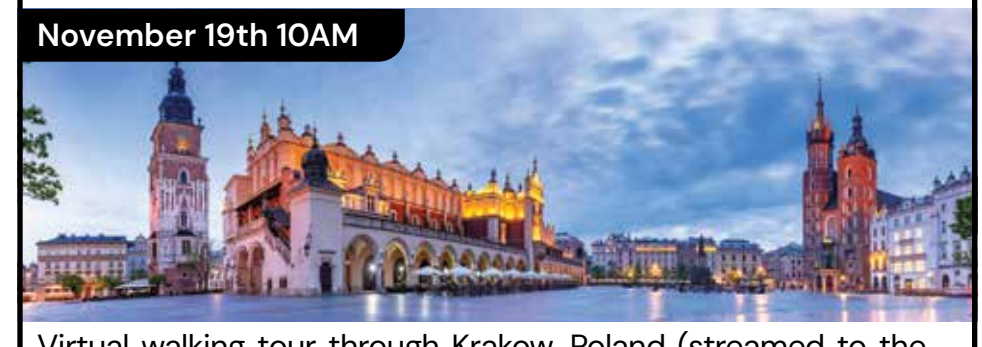
Virtual walking tour through Wales, United Kingdom (streamed to the Eastern Broome Senior Center)

November 18th 11AM



Virtual walking tour through Split, Croatia (streamed to the Johnson City Senior Center)

November 19th 10AM



Virtual walking tour through Krakow, Poland (streamed to the Deposit, Northern Broome, and Vestal Senior Center)

November 24th 1:30PM



Virtual walking tour through Plymouth, England (streamed to the Johnson City Senior Center)

Save Money on Gas – Try the OFA Mini Bus

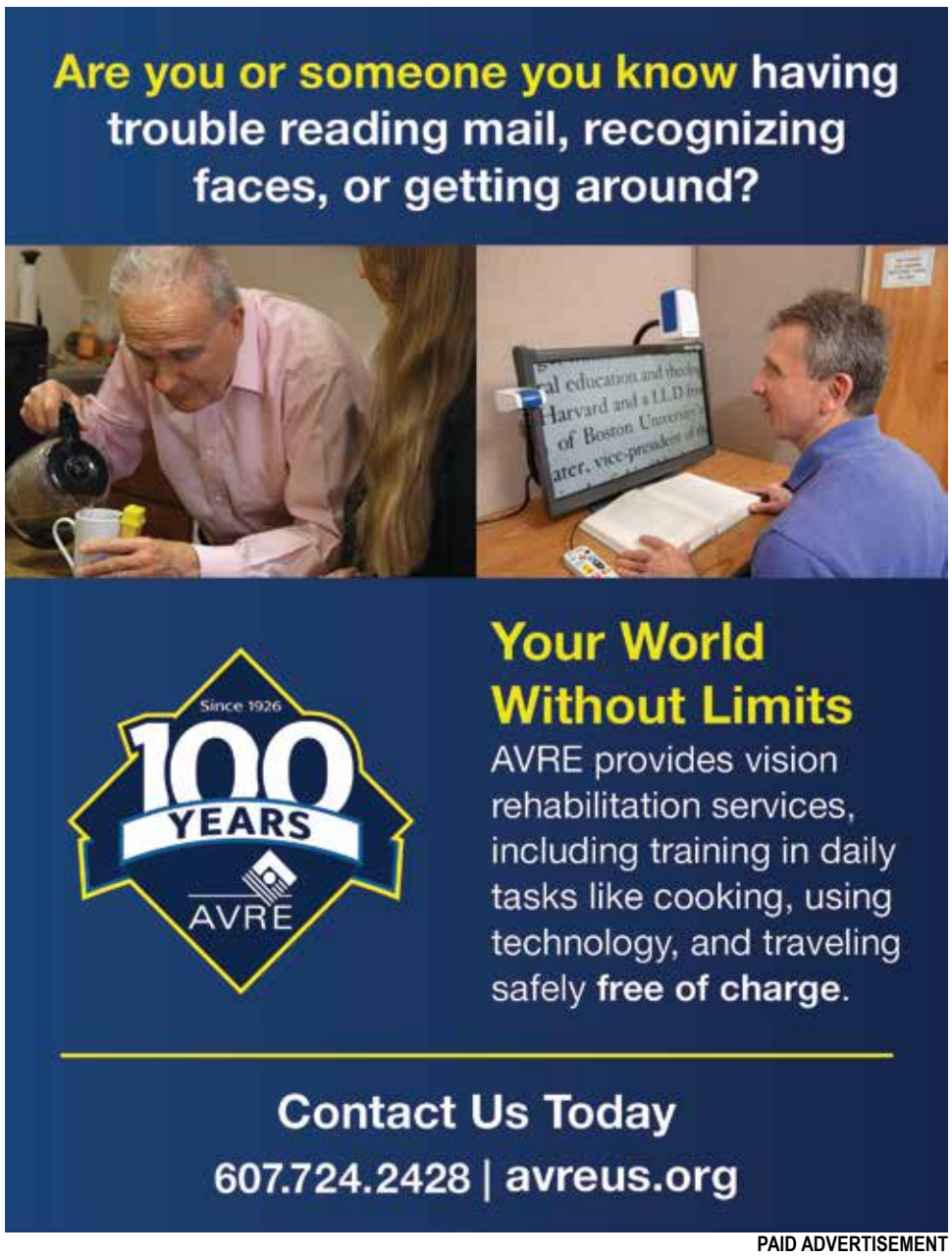
With the increased gas prices driving your own car can be costly. The OFA Mini Bus provides curb-to-curb transportation to those who are age 60 and over and have a valid OFA ID Card. The bus operates from 9:00am to 4:00pm Monday through Friday. You make a reservation for the bus to pick you up at your home or other point of origin and deliver you to your destination.

To make a reservation you must have a valid OFA ID card. Those who need an OFA ID card can call **607-778-2411** for an application or print the application from OFA's website:
www.gobroomecounty.com/senior/idcard

After you apply for the OFA ID Card contact BC Transit to obtain your client ID and passcode to be used for the reservation system. The OFA Mini Bus serves seniors living in the urban areas of Broome County. This includes Binghamton, Johnson City, Vestal, Endicott, Endwell, Chenango Bridge and parts of Kirkwood and Conklin.

With an OFA ID card, you can ride the OFA Mini Bus at the voluntary contribution rate of $2.00 per each one-way trip. Contributions are appreciated and help to ensure the continuation of this service. No one will be denied service due to an inability or unwillingness to contribute. Your reservation may include 1-2 guests. Guests under age 60 are charged $3.00. Guests 60 or over who have a valid OFA ID card can ride the bus for the suggested contribution of $2.50/ride.

If you need travel training on how to utilize the OFA Mini Bus or further assistance exploring other transportation options please contact the Getthere Call Center at **607-296-2509**. The Mobility and Transportation Advocates at the Getthere Call Center are available Monday through Friday from 7am until 5:30pm to help you determine what transportation option best meets your needs.



PAID ADVERTISEMENT

Foster Grandparent Program Volunteer Spotlight



Foster Grandparent Judy Maraski joined the program in January 2026. She volunteered in a first grade classroom at the Francis P. Donnelly Elementary School (SV School District). When asked why she enjoys being Foster Grandparent Judy told us:

"It brings a smile and a joy to watch the little ones. To see how their minds work, what they come up with and learn in different subjects. They fill part of my day with love and laughter, and I wouldn't change that for the world. I hope to be there for a few more years and be with the same teacher who I come to admire. If you want some joy in your life and have the time, please come be a Foster Grandparent. You won't regret it."

If you are interested in becoming a Foster Grandparent, please call **607-778-2089.**

Connecting Veterans to Resources & Support

For 15 years, the Southern Tier Veterans Support Group (STVSG) has helped veterans, service members, and their families connect with the resources and support they need. STVSG serves 14 counties across New York and Pennsylvania and works with more than 70 partner organizations. We help connect veterans and families with local programs, services, and organizations and provide financial assistance to eligible veterans and military families experiencing a need.

Not Sure Where to Start? Start With Us.

Navigating veteran benefits and services can be overwhelming. Whether you need assistance, are looking for a specific resource, or simply aren't sure who to call, STVSG can help point you in the right direction.

Veterans and family members can also visit us at the Broome County Veterans Resource Center in Binghamton during scheduled STVSG office hours. Current hours are posted on our website and social media.

Visit STVSG.org to explore our Resource Directory, find upcoming veteran and community events, and read our Stronger Together newsletter.

As STVSG celebrates 15 years of service in 2026, our commitment remains the same: ensuring veterans and their families know they don't have to navigate challenges alone.

You can contact us by calling **607-821-0443**, or sending us an email at info@stvsg.org



CAREGIVER CORNER

Ideas and information for people caring for others.

SOCIAL SATURDAYS

Below are no cost respite programs hosted by area church communities on Saturdays monthly. You do not need to be a member of the parish to participate in the caregiver respite program.

Social Saturdays is a group respite program providing small group social engagement for care recipients while providing a break for caregivers. Participants will engage in discussions, activities, and a light lunch or snack. (Guests should be able to eat and toilet independently.)

Saturday, November 7th 11 – 2PM
First Saturday of the Month
St. Anthony's Church Hall
300 Odell Ave, Endicott
607-754-4333

Saturday, November 14th 1 – 4PM
Second Saturday of the Month
Grace's Place
Grace Lutheran Church
709 Main St, Vestal
RSVP 607-748-0840
Registration packets are available online at
www.gracelutheranchurchvestal.com/graces-place

Saturday, November 21st 11 – 2PM
Third Saturday of the Month
St. Mary's Church of Kirkwood
975 NY Rt 11, Kirkwood
RSVP 607-775-0086

Saturday, November 28th 11 – 2PM
Fourth Saturday of the Month
St. Vincent de Paul Blessed Sacrament
465 Clubhouse Rd, Vestal
607-778-2946

Changes to Broome County Medicare Plan Offerings for 2027

It is very important that you check to see if your Medicare plan is still available next year and what the cost of the premiums and your medicines will be. If you want to see if you can reduce your costs, you have until December 7 to pick a new plan that will start in January 2027. If your plan is ending, you will want to enroll in a new plan by the end of December but will have longer to enroll if needed. If you are not sure what is happening with your plan, call the number on the back of your card.

Broome County had 10 standalone prescription drug plans (PDP) in 2026. That number is going to 9 for 2027. If you have a Medicare Advantage Plan (MAP), you will want to check availability and the costs. We know some MAP plans from certain companies are not available in 2027. Some of the premiums and benefits for both PDPs and MAPs have changed significantly.

Open Enrollment is always a busy time for Medicare counseling. Action for Older Persons staff and expert counselors provide no cost, unbiased assistance to find a plan that will work best for you. We have limited in-person appointments but do have phone appointments available. Don't wait – call today **607-722-1251**.



Fun and Games is a social connections group for seniors 60+. The group meets on Friday afternoons in the church hall for cards, table games and conversations.

Join us every Friday 1 - 3PM
Church of the Holy Family:
3600 Phyllis St., Endwell

Get competitive with a round of "Golf" or "Hand and Foot" card games. Various table games are also available from the old-fashioned classics to current top party picks! Fridays will be more fun with you!



National Family Caregiver Month

This month, we pause to recognize and honor the incredible family caregivers in our community. Day in and day out, you offer your time, energy, and love to ensure your parents, spouses, and loved ones can live with comfort, dignity, and independence.

Caregiving is a profound act of devotion, but we know it can also be physically and emotionally demanding. Please remember that taking care of yourself is not selfish—it is essential. Whether it's taking a quiet moment for yourself, leaning on local respite services, or connecting with a support group, you don't have to walk this journey alone.

To every family caregiver in Broome County: thank you for the quiet, constant grace you bring to our community. We see you, we appreciate you, and we are here to support you!

Recipes

We hope you enjoy this month's recipes from the Office For Aging.

BAKED MEATBALLS



Ingredients

- 1/2 cup finely grated carrot
- 1 egg
- 1/2 cup oats (old fashioned or quick cooking)
- 1/4 cup skim or 1% milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon oregano
- 1 pound lean ground meat (any type, 15% fat or less)

Directions

1. Preheat oven to 425 °F. Lightly grease a baking sheet.
2. In a large bowl, stir together all ingredients except ground meat.
3. Add the ground meat and mix in evenly.
4. Using your hands, shape the mixture into 21 (about 2-inch) meatballs. Arrange the meatballs on the baking sheet with space between each one. Bake in 2 batches or on 2 baking sheets if needed. Wash hands with soap and water after touching raw meat and eggs.
5. Bake for 12 to 15 minutes or until the meatballs are cooked through (165 °F with a food thermometer) and the outsides are browned.
6. Refrigerate leftovers within 2 hours.

https://www.medlineplus.gov/recipes/baked-meatballs

BEET DIP



Ingredients

- 2 cans (14 ounces each) beets, drained and rinsed or 12 (2 inches round) cooked from fresh
- 1/4 cup lemon juice
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 2 teaspoons cumin
- 1/4 teaspoon each salt and pepper
- 2 Tablespoons sesame tahini (optional)

Directions

1. In a blender or food processor, combine beets, lemon juice, garlic, cumin, salt, pepper and tahini, if desired. Blend until smooth. For a thinner consistency, add 1 to 2 tablespoons water or beet juice.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours.

https://www.medlineplus.gov/recipes/beet-dip

EASY BLUEBERRY COBBLERS



Ingredients

- 3 cups frozen or fresh blueberries
- 2 teaspoons butter or margarine, softened
- 1 Tablespoon all-purpose flour
- 1 Tablespoon brown sugar
- 1/2 teaspoon cinnamon
- 1/2 cup old fashioned rolled oats

Directions

1. Preheat the oven to 375 °F.
2. If using fresh blueberries, wash and drain them. Put the fresh or frozen blueberries in a 9-inch pie plate or an 8"x8" baking dish.
3. In a small bowl, use a fork to mix butter or margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over the blueberries.
5. Bake for about 25 minutes. Enjoy while warm!
6. Refrigerate leftovers within 2 hours.

https://www.medlineplus.gov/recipes/easy-blueberry-cobbler

KALE AND WHITE BEAN SOUP



Ingredients

- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon margarine or butter
- 2 cups low-sodium broth (any type)
- 1 1/2 cups cooked white beans or 1 can (15 ounces) drained and rinsed
- 1 3/4 cups diced tomatoes or 1 can (14.5 ounces) with juice
- 1 Tablespoon Italian seasoning
- 3 cups chopped kale (fresh or frozen)

Directions

1. In a saucepan over medium-high heat, sauté onion and garlic in margarine or butter until soft.
2. Add broth, white beans and tomatoes; stir to combine.
3. Bring to a boil. Reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

https://www.medlineplus.gov/recipes/kale-and-white-bean-soup

CHRISTMAS
Bake Sale
SATURDAY, DECEMBER 19
10:00 AM - 12:00 PM
PICK UP IN THE CHURCH HALL
SS Peter & Paul Orthodox Church
210 Hill Ave. Endicott, NY



Call or Email Order: (607) 754-0249 · sspeterandpaulbakesale@gmail.com
Last Day to Order: Saturday, Dec. 5th · Limited Quanties, Order Early!

Pierogi	Kielbasa	Bread	Rolls
(potato/cheese) $15/dozen	Smoked or Fresh	Raisin - $12 Plain - $10	(Nut, Apricot & Cheese) $17/roll Baked by Sugar Rays, Peckville PA

PAID ADVERTISEMENT

Response to Public Hearing Questions

Thank you to everyone who attended our public hearing at the Vestal Senior Center in early September! We had a very successful turnout and truly appreciate the community's thoughtful participation and engagement.

Below, we have compiled and answered the questions raised during the session to ensure everyone stays informed.

Communication and Information Sharing
How can we better reach older adults to share information?

SUMMARY OF COMMENTS	WHAT OFA ALREADY DOES	WHAT OFA PLANS TO DO
Outreach at local farmers markets, libraries, grocery stores	Our staff attend local community events to table and connect with older adults. Additionally Senior News is distributed widely through the community including local grocery stores, hospitals, senior housing, libraries etc.	OFA continuously looks for new ways to connect with older adults. Our staff will continue to attend events as frequently as possible.
Use email to share information.	OFA uses a communications platform called Blooming Health to send out alerts about upcoming events. This can be done via a text message or email.	OFA will continue to encourage new older adults to sign up for Blooming Health. Most recently we added a sign-up section on the OFA ID Application so older adults can get signed up for Blooming Health while getting their OFA ID Card.
Share Senior News link monthly via Blooming Health.	This is done monthly when a link to the Senior News is shared via a text to those who are registered for Blooming Health. Those who are only registered to receive phone call alerts will not receive this message.	OFA will expand the alert to all users including those who only get call alerts. This alert will let them know that the Senior News is now available on our website.
Publish information in the local newspapers	OFA abandoned this practice to decrease expenses and to focus efforts to its own Senior News.	OFA will continue to advertise for Senior News.
Use another platform other than Facebook to share info	OFA uses several formats to communicate information about upcoming events and activities. This includes Senior News, Blooming Health alerts and senior center newsletters.	We will continue to encourage those who are not on Facebook to subscribe to Senior News, pick up a copy at their senior center and to sign up for Blooming Health alerts.
Get a list of older people in town and do a mailing about activities	OFA has utilized mailings in the past.	OFA will explore this option while considering cost of mailing and the accuracy of mailing lists available to us.
Create a small handout older adults can keep with them to share with other older adults who may not know about OFA.	A brochure of all OFA services is available at local senior centers and at our office. The brochure can be used as a handout.	OFA will continue to provide brochures on request. OFA can also place brochures throughout the community in places such as libraries, doctor's offices, etc.
Brochures regarding individual services available at senior centers.	All Broome County senior centers have OFA brochures available.	Senior centers are expected to restock printed materials. If anything is missing please speak to the senior center supervisor at your local senior center.
Put flyers at local restaurants, supermarkets, Walmart, churches, government voting sites.	OFA sends brochures and Senior News to locations that accept printed materials. Some locations choose not to accept any printed materials	OFA will continue to look for new locations and will accept any recommendations for where brochures and the Senior News would be accepted. Please call our office at 607-778-2411 if you have ideas about locations that would welcome our materials.

Integration of Traditional Community-Based Aging Services with Medical Systems. How do we help older adults access or improve access to medical care?

SUMMARY OF COMMENTS	WHAT OFA ALREADY DOES	WHAT OFA PLANS TO DO
Safety features – where can you purchase equipment and who you can hire to help install?	OFA has several publications available by calling 607-778-2411 or on our website. One of these publications is the Durable Medical Equipment Handout.	OFA will post about this topic in Senior News, on FB and through Blooming Health.
Need transportation to Doctor's appointments	OFA contracts with BC Transit for the OFA minibus service that covers urban areas. We also contract with Getthere to provide transportation assistance to all older adults with a special focus on those who reside in rural areas. Please call our office at 607-778-2411 to learn more.	OFA will post about this topic in Senior News, on FB and through Blooming Health.
Info about what you can do with old medications.	We periodically publish this information in the Senior News. The latest was in the October 2026 issue. If you are unsure please call our office at 607-778-2411 or your local pharmacy.	OFA will create a flyer about this topic including locations where old medications can be dropped off.
Provide information about free treatment options for different medical issues	We frequently share information about upcoming free treatments when they are shared with us. These are events organized by other entities. We often find out about them through Facebook and share them this way. If you are not able to access Facebook please contact your medical provider or call OFA at 607-778-2411.	OFA will continue to share opportunities for free treatments through Facebook. OFA can print information about upcoming opportunities and post at the senior centers.

Provide information about what services older adults can get when on Medicare, Medicaid or other insurance	OFA contracts with Action for Older Persons for health insurance counseling services. This includes Medicare and other insurance counseling. You can reach AOP at 607-722-1251 or call our office for information about Medicaid.	OFA will share information about upcoming Medicare classes offered by AOP. This will be done in the Senior News, Blooming Health, flyers at the senior centers.
Is there any way to increase Dental insurance coverage for older adults? We need crown and implants and don't have dental insurance.	OFA is not able to impact provision of dental services to older adults. We are able to provide information about Dental services that may be available to those without insurance. Please call our office at 607-778-2411 or visit our website where we posted this information.	OFA will continue to share upcoming free events to help with dental care when it is shared with us. We will utilize Senior news, Facebook, Blooming Health and posters at the senior centers.
Offer nurse's name and description of what she can do for clients	Our OFA staff nurse Jean provides health literacy, support with navigating medical systems and connection to needed services. She does not provide direct hands-on care. OFA Nurse does not take direct referrals. Referrals are made through OFA Caseworkers.	OFA caseworkers will identify clients who need OFA nurse's support and make referrals as needed.
Have students from Dental, Nursing and Pharmacy programs come to centers to answer questions	OFA currently has PT, OT, Nursing and Speech programs students from Binghamton University visiting some senior centers.	These programs will be advertised in Senior News, Facebook and Blooming Health.
We need better physicians in our community	OFA cannot impact the number and quality of doctors coming to this area to practice at local hospitals and medical offices.	OFA staff serve on local Advisory Councils and Board of Directors in order to provide feedback about and advocate for the needs of older adults in our community. We are strong advocates for our older population and will continue to do so.
911 stickers that adhere to cell phones, telephones for clients who may not remember this number	We believe this would benefit many memory impaired clients or those with other cognitive impairments.	OFA will research availability of these stickers and purchase them to distribute them at local senior centers, outreach events and other locations.
Have doctors do Q&A at senior centers	We believe this would be beneficial to our senior center attendees as well as those who may not visit our senior centers.	OFA will explore this idea and contact local medical groups to gauge their interest.

Scam Protection

Holiday Scams

The holiday season can be a time of joy and celebration. It is also a prime time for scammers looking to exploit busy and often distracted consumers. Protect yourself with these tips:

- **Fake Online Stores & Deals:** Scammers create fake sites that offer heavily discounted prices on popular holiday gifts to lure in shoppers. The sites look legitimate, often mimicking well-known businesses, but once you make a purchase you may receive a counterfeit item, a low-quality version, or nothing at all. To avoid this scam, be sure to shop only from trusted websites. Look for secure payment methods; website addresses beginning with "https." Read reviews and verify the site or online store is legitimate by contacting them directly.

- **Gift Card Scams:** Scammers target shoppers by manipulating gift cards. They may steal card numbers, replace them with fake ones, or hack online gift card systems. Scammers also ask for payment in gift cards, a common red flag. To avoid these scams, only buy gift cards directly from stores. Never buy gift cards from second-hand or third-party sellers. Keep receipts and avoid sharing gift card information online. Never pay for goods or services with a gift card.

- **Phishing E-mails and Texts:** Phishing attacks surge during the holidays, often disguised as shipping notifications, order confirmations, or holiday discounts. Scammers will send e-mails or text messages with malicious links, claiming to be from legitimate companies like Amazon, UPS, or major retailers. To avoid these scams, be very cautious of unsolicited e-mails and text messages, even if they look legitimate. Do not click on these links. Instead, contact the company through their official website or call them. They should have the information you need, and you will have protected yourself from a potential scam.

If you suspect you have fallen victim to a holiday scam, take immediate action. Report the fraud to your financial institution or credit card company. File a report with your local law enforcement agency and the Attorney General's Office. You may also file a report with agencies such as the Federal Trade Commission and Better Business Bureau. Change your passwords on any accounts that may have been compromised and enable extra security measures like two-factor authentication. Continue to monitor your accounts closely for further suspicious activity.

Call Broome County Office for Aging if you have questions at **607-778-2411**.

"Life is 10% what happens to you and 90% how you react to it."

— Charles R. Swindoll



Broome County
Office for Aging

Come Join the Team at Broome County Office for Aging! We are now hiring for the following positions. If interested, please submit an application online at the following address https://broomecountyny.gov/personnel/vacancy

- **Classroom Foster Grandparent**
  Stipend and Mileage Reimbursement Provided
  To be eligible your income must fall below $2,660/ month after allowable deductions.
  No Civil Service Exam Required
  Monday – Friday (Hours Vary)
  Call **607-778-2089** for more information.

- **Broome County Meals on Wheels** is currently in need of volunteers in the Binghamton, Conklin, Chenango Bridge, Harpursville and Whitney Point areas. Volunteer drivers and visitors are needed; volunteering only takes about an hour of your time. Mileage reimbursement is available. Call **607-778-6206** for more information.

- **BC Transit**
  Do you enjoy driving and working with people? Work part time as a Van Operator for BC Transit. Great opportunity for retirees!
  - Drive a 16-passenger van and transport riders for medical appts, shopping, and other life needs.
  - Most riders are senior citizens and persons with disabilities.
  - Part time positions are 3-4 days per week.
  - Paid comprehensive training, with great wages.
  - Starting pay is $18.53/hour
  - EEO/AA females and minorities encouraged to apply.
  - Apply at BC Transit 413 Old Mill Rd, Vestal NY.
  - Call **607-763-4926** for more information.

- **Willow Point Rehabilitation & Nursing Center Hiring for the following positions:**

  * Clinical Care Coordinator
  * Unit Aides
  * LPNs: Full-Time, Part-Time, Per Diem
  * CNAs: Full-Time, Part-Time
  * Supervising Nurses II: Full-Time, Part-Time, Per Diem
  * Maintenance Mechanic
  * Custodial Workers
  * Laundry
  * Health Information Technician
  * Senior Leisure Activity Leader
  * Clerk

  For more information, please call **607-763-4400** or visit https:/willowpointrehab.com/careers

Mental Health Corner

For those who served our country, the values of strength, resilience, and independence run deep. As the years go by, however, major life changes—such as retirement, quiet routines, changes in health, or the loss of loved ones—can cause long-stored military memories and service-related stress to resurface. Mental health is an essential part of overall health, especially as we age. Feeling anxious, carrying unseen wounds, or experiencing a sense of isolation isn't a sign of weakness—it is a human response to extraordinary life experiences. Finding ways to stay connected and care for your emotional well-being helps protect your independence, health, and quality of life.

Ways to Support Mental Wellness as an Older Veteran:

- Regular visits to local senior centers, veteran groups, or community events help combat isolation and keep bonds strong.
- Sharing experiences with peers who truly understand can offer unique comfort and perspective.
- Mentioning emotional or sleep changes to your healthcare provider is a simple, confidential way to access helpful resources.

No matter how many decades have passed since your time in uniform, support and appreciation for your service remain constant.

- **Veterans Crisis Line:** Free, confidential support is available 24/7 for veterans of all eras and their families. Call **988 and Press 1**, text **838255**, or chat online at VeteransCrisisLine.net.



Home Energy Assistance Program Winter Heating Assistance

Apply for a federally funded one-time grant to help with the cost of heating your home this winter. Assistance is available to homeowners and renters who meet monthly income guidelines (higher limits apply for larger households):

- 1-person household: $3,563
- 2-person household: $4,659
- 3-person household: $5,756

If you received a benefit last HEAP season you should have received an application in the mail near the end of September. If you filled out the application just know that no benefits will be issued before the program opens.

If you did not receive a benefit last HEAP season please call HEAP to request an application be mailed to you when the program opens. The program is expected to open early November.

Choose the right location to apply:

- Office for Aging (OFA) – age 60+ or disabled (receiving SSI or SSD). Call **607-778-2063** to reach the HEAP voicemail and leave a message to have an application mailed to you.
- The Career & Community Services Center of Broome County, DSS location accepts applications for homeowners and renters under age 60 and not disabled. Call **607-778-1100**, option 5.
- Or, Apply Online – **www.mybenefits.ny.gov**

The program is scheduled to end on April 16, 2027, or when funds are exhausted.

In addition to the heating assistance program, Clean and Tune and the Heating Equipment Repair and Replacement Program (HERR) both have funding. Please call DSS HEAP at **607-778-1100** and choose the option for HEAP to apply for these programs.

Ask The Office

With colder weather approaching I want to make sure my furnace is ready for winter. Are there any programs that can help?

Colder weather can bring with it more than cold, it can also bring concerns that your heating system might not be safe or the most efficient. If you own your home, there are two HEAP programs that may be able to help: Clean and Tune and Heating Equipment Repair and Replacement (HERR).

The HEAP Clean and Tune program can help eligible homeowners maintain their primary heating equipment. Assistance may cover services such as cleaning and tuning your heating system, helping to make sure your equipment is operating safely and efficiently before the heating season begins.

If your heating system needs more than routine maintenance, the HERR program may provide assistance with repairing or replacing your primary heating system when it is unsafe or not functioning properly.

Both programs are available to eligible homeowners, and applications for the 2026–2027 program year opened October 1. Eligibility and the type and amount of assistance available depend on program requirements and available funding.

If you're a homeowner and concerned about the condition of your heating system, October 1 is a good time to look into these programs. You can contact your local Department of Social Services at **607-778-1100** option 5 to learn more about eligibility and how to apply.

SUDOKU
• ANSWERS •

3	8	4	2	5	9	1	6	7
7	6	2	8	1	4	9	3	5
5	1	9	6	7	3	4	8	2
2	9	6	4	3	8	7	5	1
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8	5	1	7	6	2	3	9	4
1	4	8	9	2	6	5	7	3
9	2	5	3	4	7	8	1	6
6	7	3	5	8	1	2	4	9

Snow Vendors Wanted

Office for Aging is updating its Snow Vendor Database. This database includes a list of individuals and businesses who provide snow removal services. This list will be used to provide information to older adults in the community who are looking for assistance clearing their sidewalks and driveways.

When people call for information about snow removal services, Office for Aging will provide the names of vendors on this list who are willing to provide the services they want in their area.

It is important to find resources for snow removal for older adults in our community so they can remain safe and independent in their homes. Many homebound older adults receive services in their homes, and it is critical that their walkways remain clear of snow to ensure these services continue without interruption.

If you are interested in being included on this list, please contact Office for Aging at **607-778-2411**.

Flu Vaccines

Autumn is officially upon us! As the mornings get cooler, and we begin to spend more time indoors, respiratory virus season begins to ramp up. Back in September, the Broome County Health Department shared information on the importance of getting a flu vaccine for older adults. Now, we ask you act on that knowledge and start rolling up your sleeves for the annual flu vaccine.

Getting your annual flu shot is the most reliable way to preserve your daily routines. It will help keep you healthy enough to attend your regular community events, visits with your family, and in general, enjoy the seasons without the disruption of a prolonged illness. Adults over the age of 65 are the most vulnerable to severe illness and hospitalization from the flu. Getting your flu shot will help to protect yourself and those around you.

Take a moment this week to call your pharmacist or provider to schedule your annual flu shot. While on the phone or at the clinic, remember to ask about senior-specific vaccines, and whether you would also be interested in receiving the updated COVID-19 vaccine, the RSV vaccine, or the pneumococcal vaccine. Doing so could save you a trip to the clinic later in the winter! If you do not have insurance or a regular provider, call the Broome County Health Department at **607-778-2839**. Have a healthy, safe, and happy end of the year!

November Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A suggested voluntary contribution of $4.00 is requested for people age 60+ and spouse of any age.
Those under age 60 are charged $5.00 per meal. *No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

Chicken Carbonara 2 **Over Pasta** Wax Beans w/Pimento Strawberry Ice Cream Cup	**Liver w/Onions** 3 **OR Roast Chicken Thigh** Mashed Potatoes Peas & Carrots Mandarin Oranges	**Turkey & Provolone** 4 **On Marble Rye** Sausage Florentine Soup Cottage Cheese Pineapple	**Teriyaki Chicken** 5 Baked Potato Oriental Blend Vegetables Chocolate Chip Cookie	**Pub Burger** 6 **OR Beer Battered Fish** Roasted Potatoes Cut Green Beans Pumpkin Cake
Four Cheese Macaroni 9 **& Cheese** Stewed Tomatoes Brussels Sprouts Carnival Cookie	**Veterans Day Recognition** **Broccoli Cheese Chicken** 10 Mashed Potatoes Peas w/Pearl Onions Peanut Butter Pie Cup	**Senior Centers Closed** 11 **In Recognition of** **Veterans Day**	**Ham & Swiss on Rye** 12 Loaded Baked Potato Chowder Applesauce Lorna Doones	**Kielbasa** 13 **OR Broiled Fish** (2) Pierogies w/Onions Broccoli Florets Pineapple Cake
Swedish Meatballs 16 Buttered Noodles Cut Green Beans Pears	**Chicken Salad** 17 **Croissant** Vegetable Beef Soup Pineapple Double Chocolate Cookie	**Thanksgiving Luncheon** **Roast Turkey w/Gravy** 18 Bread Dressing Vegetables Cranberry Sauce Pumpkin Pie	**Grandma's Meatloaf** 19 **OR Halupki** Mashed Potatoes Carrots Fresh Apple	**Honey Ginger Chicken** 20 **OR Citrus Broiled Fish** Au Gratin Potatoes California Blend Vegetables Chocolate Brownie
Beef Stew over a Biscuit 23 Spinach Cottage Cheese Ice Cream Cup	**Breaded Chicken Cutlet** 24 **OR Sloppy Joe Sandwich** Minestrone Soup Mandarin Oranges Oatmeal Cookie	**Meatball Sub** 25 Carrots Three Bean Salad Apple Cobbler	**Happy Thanksgiving** 26 **Senior Centers Closed**	**Senior Centers Closed** 27 **In Recognition of the** **Thanksgiving Holiday**
Beef Burgundy 30 **Over Noodles** French Cut Green Beans Sugar Cookie	"A positive attitude causes a chain reaction of positive thoughts, events and outcomes." – Wade Boggs			

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