Johnson City Senior Center

Celebrating Seniors

July 2021

Welcome Back!

From all of us at the Johnson City Senior Center, we want to tell you how good it's been to see so many of you back at the Center.

This month, we have more activities resuming, like Zumba (see page 6), Haircuts and Legal Aid (see page 9). Chop and Chat continues with yummy recipes to make and take; and Kathleen Cook, from the Cornell Cooperative Extension Broome County, returns on Tuesday, 7/27 for a Nutrition Class. She'll demo Black Bean & Veggie Quesadillas! See page 5 for more details.

There's also a program new to our center: Stay Healthy Caregiver Chat Group (see page 7).

We will continue getting more of our monthly and quarterly programs restarted in the coming weeks.

Doug's Fish Fry will be in our parking lot for a fundraiser to support the Center on Thursday, 7/15. We're combining it with a Cookie Sale, Raffles and Bottle/Can Drive – so there's lots of ways to support us.

As a reminder, if you are fully vaccinated against COVID-19, you can be at the Center without a mask.

If you are not vaccinated against COVID-19, you need to wear a mask and socially distance 6 feet. If you're participating in an activity that does not allow distancing 6 feet, then you will also need to wear a face shield. We have masks and face shields available at the receptionist's desk.

As always, we greatly appreciate your support and look forward to seeing you soon!

Johnson City Senior Center,

Where every senior moment counts.....

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Doug's Fish Fry To-Go!

Thursday, July 15
11:00 AM – 6:00 PM
JCSC Parking Lot

Doug's Fish Fry will be in our parking lot selling their delicious fish and fries **to-go** to benefit our Senior Center.

You can call-in your order the day of the event until 4:00PM by calling 607-753-9184, ext. 2. **You can also order when you arrive.**

Bottle / Can Drive

Thursday, July 15
11:00 AM – 6:00 PM
JCSC Parking Lot

Save your empties! We're holding a bottle/can drive the same day as the Doug's Fish Fry.

July Raffle – Guitar Package

Thinking about learning to play the guitar or have someone special in your life that would love one?

The package includes:

- Palmer Acoustic Guitar with case
- Fender Guitar Stand
- Snark Tuner
- Instruction/Song Book
- Picks

Tickets are $1 or 6 tickets for $5 and can be purchased at the receptionist's desk. The raffle will be drawn on Friday, 7/30.

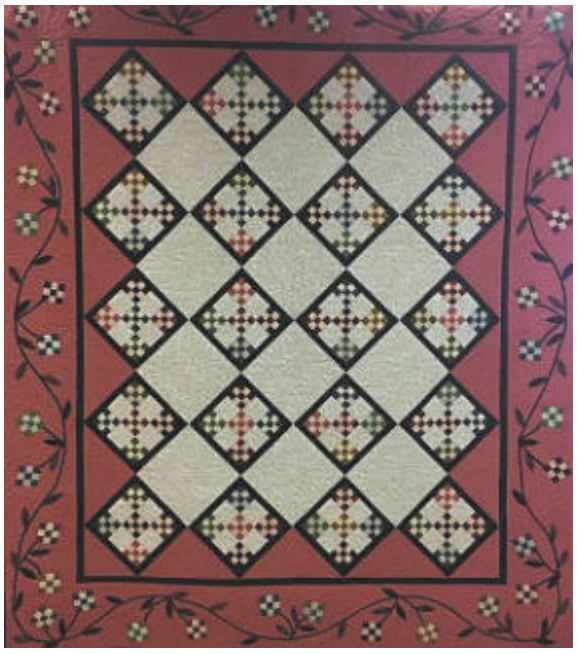
Thanks to Jack for donating this fun and entertaining package!

2021 Quilt Raffle

Our JCSC Quilters created this stunning quilt – ***Nine Patch Garden***.

It's full/queen-sized and hanging in our Dining Room.

Tickets are $5 at the receptionist's desk. The raffle will be drawn in December.



LUNCH MENU — JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
A contribution of $3.50 is requested for people age 60+ and spouse of any age. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute. Those under 60 are charged $4.50 per meal. ***The lunch program is funded by:*** *NYSOFA,* *US Department of Health & Human Services – Administration on Community Living,* *and the Broome County Office for Aging.*			1 **Sweet & Sour Pork Over Brown Rice Pilaf** Broccoli Florets Ice Cream Cup	2 **Marinated Chicken Breast OR Pub Burger** Baby Red Potatoes Cucumber & Tomato Salad Strawberry Shortcake
5 **Closed for Independence Day** 	6 **Ziti Parmesan** Three Bean Salad Fruit Cocktail Sugar Cookie	7 **Rotisserie Chicken OR Sausage Link w/ Peppers & Onions** Baked Potato Pea Salad Gelatin	8 **Beef Stew Over a Biscuit** Cauliflower w/ Parsley Warm Spiced Pears Chocolate Chip Cookie	9 **Chicken Breast Marsala OR Broiled Fish w/ Lemon** Herb Roasted Potatoes Italian Green Beans Peach Cobbler
12 **Tomato & Bacon Omelet** O'Brien Potatoes Fruited Yogurt Pineapple Tidbits	13 **Liver w/Onions OR Meatloaf** Mashed Potatoes French Cut Green Beans Applesauce	14 **Roast Turkey** Sweet Potatoes Corn Pumpkin Cake	15 **Halupki OR Chicken Marengo** Mashed Potatoes Italian Blend Vegetables Honey Bran Muffin	16 **Swiss Steak OR Spinach Parmesan Pollack** Buttered Noodles Sliced Carrots Snickerdoodle Cookie
19 **Macaroni & Cheese** Stewed Tomatoes Mixed Vegetables Banana	20 **Marinated Chicken Breast OR Egg Salad Sandwich** Pasta Salad Mandarin Oranges Cranberry Oatmeal Cookie	21 **Baked Ham OR Pub-Style Battered Fish** Scalloped Potatoes Italian Green Beans Carrot Raisin Bar	22 **Classic Meat Lasagna** Wax Beans w/ Pimento Garden Salad Ice Cream Cup	23 **Salisbury Steak OR Herb-Rubbed Pollack** Mashed Potatoes Broccoli Florets Orange Cranberry Bar
26 **Pasta w/Meatballs** French Cut Green Beans Lemon Cookie	27 **Breaded Chicken OR Fish Sandwich** Baked Beans Apple Juice Watermelon	28 **Beef Stroganoff Over Buttered Noodles** Sliced Carrots Apple Crisp	29 **Chicken Salad Croissant** Tomato & White Bean Salad Cranberry Juice Pineapple Upside Down Cake	30 **Roasted Chicken Thigh OR Citrus-Rubbed Pollack** Bread Dressing Broccoli Florets Peaches

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LUNCH INFO & NUTRITION CLASSES

Lunch Program

The Lunch Program offers Congregate Dining with a To-Go option.

Lunch in the Dining Room: available at 11:45AM.

To-Go Lunches: pick up in the Dining Room.

A reservation is required by noon the day before at the latest.

We can take reservations for the entire month once the menu is published.

Reservations can be left on our answering machine in the general mailbox. We will call you back to confirm.

Menu subject to change.
Thank you for understanding.

Non-Concentrated Sweets (NCS) Option

The NCS lunch option is available for those who are watching sugar and calorie intake.

If you would like to take advantage of this option, please request it when reserving your lunch.

Lunch Notes

- **Breakfast for Lunch** will **NOT** be served on Tuesdays until further notice.
- The **Soup, Salad and Sandwich Bar** will **NOT** be available on Wednesday and Thursday until further notice.
- A hot lunch option will be served on these days that requires a reservation.

Virtual Chop & Chat

Chop & Chat is meeting in person! To register, call us at 797-3145, or sign up at the receptionist's desk. The registration deadline is Thursday the week before class.

Come to class to pickup the recipe and ingredients and plan to stay and chat while we make the recipe!

- **Wednesday, 7/14 at 2:00PM – Veggie Pizza**
  - register by Thursday, 7/8
- **Wednesday, 7/28 at 2:00PM – Quinoa Salad**
  - register by Thursday, 7/22

Cornell Cooperative Extension Nutrition

Tuesday, 7/27, 11:15AM – 12:00PM

Kathleen Cook, from Cornell Cooperative Extension Broome County, will be on-site with a nutrition class:

Be Well – Remember Fruits, Grains & Veggies

She'll be making Black Bean & Veggie Quesadillas….. yum!

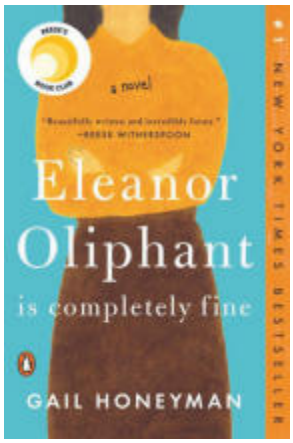
Registration is **not** required.

Book Club

Our Book Club meetings will be at the Senior Center now that it's re-opened. All are welcome!

Wednesday
Aug 11 *
3:00PM

*** note date change**



Book
TBD

Wednesday
September 22
3:00PM

Zumba Class

Winnie will be back with her popular Zumba class starting on Tuesday, July 13.

The class will run from 12:30–1:30PM every Tuesday.

Chair Yoga Class

Chair Yoga involves seated and standing yoga poses. It improves balance, strength and flexibility.

Instructor Jill Lukach will offer a **free class** on **Wednesday, August 4, from 10:00 – 10:45AM** for anyone that wants to try it!

Weekly Programs & Activities

If you're not a JCSC member, there's an additional daily fee of $2.00/day.

MONDAY

Gentle Yoga: 9:30–10:30AM ($3)
Line Dancing: 10:45–11:45AM ($3)
Poetry: 1:00PM (no fee)
Watercolor Painting: 9:00AM–12:00PM ($3)
Knitting and Crocheting: 11:30AM–1:30PM
Bonesavers: 1:00PM (no fee)

TUESDAY

TOPS: 9:00–11:00AM
Zumba & Toning: 12:30–1:30PM ($5)(resuming 7/13)
Stretch & Strength: 1:00PM (no fee)(time changed)
Table Shuffleboard: 12:30–3:00PM ($1)

WEDNESDAY

Quilting: 9:00–11:30AM (no fee)
Bridge: 10:30AM–2:30PM (no fee)
Penny Bingo for Fun: 12:30–3:00PM
Mahjong: 1:00PM (no fee)
Bonesavers: 1:00PM (no fee)
Progressive Pinochle: 12:30–3:00PM
Writer's Workshop: 1:00–2:00PM (no fee)

THURSDAY

Oil Painting: 10:00AM–1:00PM ($3)(time changed)
Guitar Group: 9:00AM–12:00PM
Low-Impact Aerobics: 10:00–11:00AM ($3)
Tai Chi: 1:00–2:00PM ($3)

FRIDAY

Watercolor Painting: 9:30–11:30AM ($3)
Gentle Yoga: 10:00–11:00AM ($3)
Ladies Sing: 10:30AM
Chair Exercises: 12:30–1:15PM (no fee)

Bingo

Monday Bingo is currently on hold.

Smoking Cessation Group

Have you tried to quit (or reduce) smoking or using nicotine products?

Don't really want to quit but someone (your spouse, kids or doctor) is encouraging you to stop?

This class is for you!

- Learn reasons why smoking/nicotine is the hardest addiction to quit.
- Learn benefits of quitting or reducing use.
- Learn different things you can do to gain control over your use.

If you think that nothing can work for you, or that you'll fail again, you owe it to yourself (and those who care about you) to try this **free, evidence-based class**.

You don't need to make a commitment to quitting to attend. The class will run for **10 weeks** and you can join at any time.

If you're interested in attending, sign up with the receptionist. You'll be contacted once a class start date is set.

Mahjong for Beginners

Thank you to Bonni Brennan for teaching the Beginners Group! They're meeting **Wednesdays at 1:00PM**. Join us if you want to learn Mahjong too!

Stay Healthy Caregiver Chat Group

Caring for an older adult? Then let's chat!

This informal discussion group is open to caregivers of any age. Attending a support group offers many benefits:

- Feeling less lonely and isolated.
- Gaining a sense of empowerment and control.
- Improving your coping skills.
- Talking openly and honestly about your feelings with others who can relate.
- Reducing distress, depression or anxiety and getting practical advice or information.

The group will meet the **first Monday of the month from 1:00–2:30PM at our Center**. Due to the observance of Independence Day on July 5, this group will meet on **Monday, July 12** followed by their next meeting on **Monday, August 2**.

Any questions? Call Judy Bobinski, Group Facilitator, at the Broome County Office for Aging, 607-778-2411.

Farmers' Market Coupons

We expect info soon confirming the dates for the coupons. Stay tuned…..

TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

A Trip Committee member is at the Senior Center on Tuesdays and Thursdays, from 10:00AM until noon, to answer trip questions and accept trip payments. Trip deposits can also be mailed to the Center.

The Trip Committee has their own phone extension and voicemail at the Senior Center now. If you call 797-3145, you can press 205 to be transferred to their voicemail.

All our trips require a reservation and deposit. They're open to everyone (members and non-members) of all ages. Register early to avoid cancellation of trips. A decision on whether the trip will go or be cancelled occurs one month before the trip date.

CDC Guidelines for Trips: All passengers MUST be fully masked at all times while on Hale Transportation buses.

Merry-Go-Round Theater Trip on 9/29/2021: All attendees are required to bring their proof of vaccination or proof of a negative COVID test result 5 days prior to that day. Anyone without these will not be allowed on the bus that day.

Many, many thanks to our Trip Committee! They are very busy!

Please let us know if you have any questions.

Villa Roma
Dolly Parton & Kenny Rogers Tribute

Thursday, November 4

Callicoon, NY

Cost: $110 Member | $120 Non-Member

Enjoy this tribute to the Queen and King of modern Country Music as Becca Bongiorno and Tim Sells entertain you in their realistic looks and sounds that have them delighting audiences all over the United States!

Departing from the Center at 9:00AM, we will travel to Callicoon, NY, arriving there at 10:15AM.

Arriving at the Villa Roma Resort, our group with enjoy a welcome reception and then have free time to enjoy resort activities.

Our included lunch will be from noon – 1:30PM. There is a choice for meal entree:
Roast Loin of Pork, Chicken Parmigiana, or Flounder Francaise.

The afternoon entertainment, "Tribute to Dolly Parton and Kenny Rogers," is from 1:45-3:00PM.

After the show, you will be on your own until departure at 3:30PM when we depart for home.

We will arrive back at the Center at 5:00PM.

Seminars for Spiritual Growth

The pandemic challenge has shown us the need to intensify a connection with the Spiritual roots from which inner peace emerges as a Blessing.

To facilitate this, Reverend Hilda Paucitis is offering five 4-session *Seminars for Spiritual Growth*, starting this month. You can attend one or all five seminars.

Classes are from 10:00–11:00AM.

Choose from the following:

Levels of Prayer Seminar
Thursday, July 1, 8, 15 and 22

Relaxation Exercises and Meditation Seminar
Thursday, August 5, 12, 19 and 26

Level 1, Bible History Seminar
Thursday, September 2, 9, 16 and 23

Intensified Meditation Seminar
Thursday, October 7, 14, 21 and 28

Level 2 Bible, Spiritual Self-Realization Seminar
Thursday, November 4, 11, 18 and
Thursday December 2

Space is limited. Register with the Receptionist or by calling us at 797-3145.

The contribution for each 4-session Seminar is $5.00 payable to the Receptionist before the first session.

A Spiritual Resume on Reverend Hilda Paucitis, the leader in charge of the Seminars, can be obtained from the Receptionist.

Beautician

Wednesday, July 28
10:00–11:30AM

Dry haircuts for men and women
by Debbie Roberts.
$15.00 each

By appointment at the receptionist desk.

Legal Aid

Thursday, July 15, 9:00AM–12:00PM

Melissa Krause, from the Legal Aid Society of Mid-New York, is available to meet one-on-one and provide free legal services. Offered monthly.

To make an appointment,
see our receptionist or call 607-797-3145.

National Ice Cream Sandwich Day!

Monday, August 2nd
10:00AM–2:00PM

It's a real national holiday!

Celebrate with us
and stop by for a free ice cream sandwich!

Lourdes Mammography Van

Wednesday, September 22

9:00AM–3:00PM (in the JCSC Parking Lot)

Call Lourdes Registration at 607-798-5723 in advance to pre-register.

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Rentals Available!

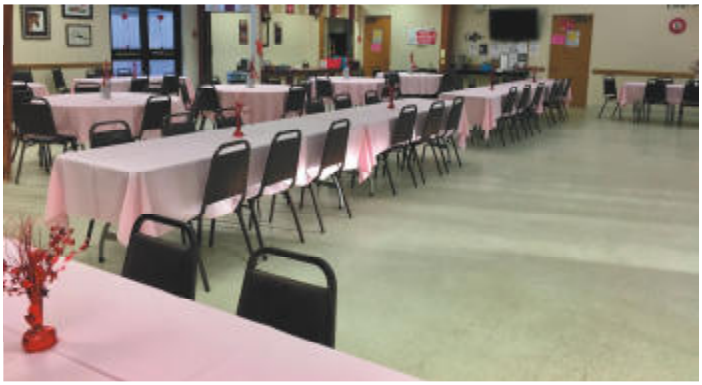
Need a room for a special occasion?

All our rooms are available to rent!
Available for members and community members.

Dining Room:	$50/hour
Craft Room or Health Center:	$35/hour

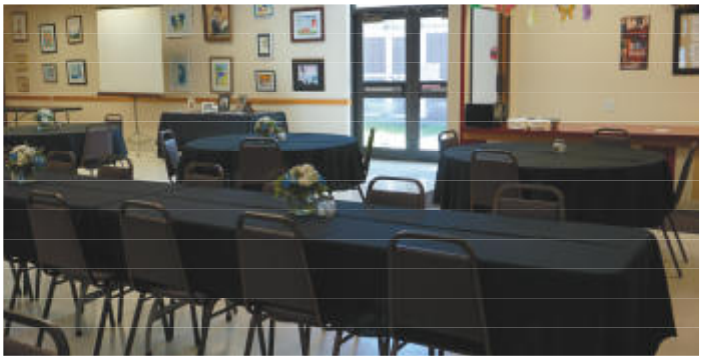
Call 607-797-3145 to check availability.

Party setup – pretty in pink



Dinner setup with an area for dancing

Exercise room setup for a presentation



Memorial service and luncheon

Membership

Annual membership is $40.00 for an individual; $70.00 for a couple.

Installment plans and snow-bird rates available.

Your membership runs for one full year from when you sign up. Your renewal date is on your newsletter mailing label.

THANK YOU for keeping your membership current!

In Memory

Ferdinand (Fred) Lenga
Harriet Matzen

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at *www.mycommunityonline.com*

JOHNSON CITY SENIOR CENTER

Address:
30 Brocton Street
Johnson City, NY 13790

Office: 607.797.3145
Fax: 607.729.8437
Lunch: 607.797.1149

Hours:
Monday – Thursday:
9:00AM – 4:00PM
Friday:
9:00AM – 2:00PM

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Website:
www.johnsoncityseniorcenter.org

Like us on **Facebook** to keep up with our activities and events!

Vision Statement: The Johnson City Senior Center is a private non-profit, community-oriented organization that strives to be a trendsetter in providing programs and services that empower adults to improve their level of health, wellness and independence.

Statement of Purpose: The Johnson City Senior Center's role is to identify and address the needs of current older adults while evolving to meet the needs of adult generations in the future.

Non-Discrimination Statement: The Johnson City Senior Center welcomes all older adults from Broome County and the surrounding communities to join and participate in our programs and activities. We are committed to all our members regardless of race, religion, sexual orientation, national origin or disability.

Please renew your membership every year!

Johnson City Senior Center
30 Brocton Street
Johnson City, NY 13790

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