

# Johnson City Senior Center

## *Celebrating Seniors*



January 2022



Johnson City Senior Center,  
*Where every senior moment counts.....*

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## AARP Tax Preparation



The AARP tax consultants will be here to provide complimentary tax services starting Tuesday, February 1 through Tuesday, April 12.

Appointments are available:  
Tuesdays, Wednesdays and Thursdays.

Appointment times are:  
9:30AM, 10:30AM, 12:30PM or 1:30PM.

You can call for an appointment starting  
Monday, January 3.

**Before your appointment, stop at the center to pickup a paperwork packet. It MUST be completed before your appointment.**

Bring the paperwork packet and appropriate documentation with you to your scheduled appointment.

**Paperwork packets will be available at the center starting Monday, January 18.**

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## Save the Date

Wednesday, February 9, 10:45 – 11:45AM



A soloist from the Binghamton Philharmonics will be here. More details will follow.

If staying for lunch after the concert, please reserve your lunch by Tuesday, 2/8 at noon.

## NY Project Hope

Wednesday, January 19, 11:00AM – 1:00PM

NY Project Hope is a FEMA-funded program designed to educate, support and conduct referrals for people who have struggled during the pandemic.

COVID has changed so much. No matter what those changes may be, NY Project Hope helps New Yorkers understand their reactions and emotions during COVID.

Project Hope Crisis Counselors understand what you are going through, and talking to them is **free, confidential and anonymous**. Talk to someone who is trained, knowledgeable and never judges.

They can let you know about their program and the free services they provide.

## **NY Project Hope** **Coping with COVID**



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### Virtual Classes

Stuck inside on a cold winter day?

Try a virtual class from our website. There's two classes: **Gentle Yoga** and **Tai Chi**.

Simply click on "Activities & Programs" then on "Virtual Activities".

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### Reminder



When Johnson City School District is closed due to weather, we are closed too.

With school delays, we do not close.

We will post on our website and Facebook page, as soon as we're aware of a closure.

# LUNCH MENU

# JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Mixed Vegetables Banana <p style="text-align: right;">3</p>	<b>Pub Burger</b> Cream of Broccoli Soup Garden Salad Mandarin Oranges <p style="text-align: right;">4</p>	<b>Baked Ham</b> Scalloped Potatoes Peas w/Pearl Onions Cinnamon Applesauce Slices <p style="text-align: right;">5</p>	<b>Liver w/Onions <u>OR</u> Chicken Marsala</b> Mashed Potatoes Cut Green Beans Low-Fat Muffin <p style="text-align: right;">6</p>	<b>Salisbury Steak <u>OR</u> Pub-Style Battered Fish</b> Baked Potato Brussel Sprouts Orange Cranberry Bar <p style="text-align: right;">7</p>
<b>Pierogi w/Onions &amp; Kielbasa</b> California Blend Vegetables Applesauce <p style="text-align: right;">10</p>	<b>Meatball Sub</b> Minestrone Soup Garden Salad Pears <p style="text-align: right;">11</p>	<b>Roast Turkey</b> Apple Bread Dressing French-Cut Green Beans Pumpkin Cake <p style="text-align: right;">12</p>	<b>Swiss Steak <u>OR</u> Broiled Fish</b> Mashed Potatoes Carrots Double Chocolate Cake <p style="text-align: right;">13</p>	<b>Salmon Patty w/ Dill <u>OR</u> Roasted Chicken Thigh</b> Roasted Potatoes Peas Peaches <p style="text-align: right;">14</p>
<b>Tomato &amp; Bacon Omelet</b> O'Brien Potatoes Low-Fat Cottage Cheese Pineapple <p style="text-align: right;">17</p>	<b>Chicken Thigh w/ Herbs <u>OR</u> Halupki</b> Mashed Potatoes Peas Mandarin Oranges <p style="text-align: right;">18</p>	<b>Grandma's Meatloaf</b> Macaron & Cheese Cut Green Beans Chocolate Brownie <p style="text-align: right;">19</p>	<b>Chicken Salad Croissant</b> Harvest Vegetable Soup Pineapple Upside Down Cake <p style="text-align: right;">20</p>	<b>Swedish Meatballs <u>OR</u> Citrus-Rubbed Pollack</b> Baby Red Potatoes Carrots Pears <p style="text-align: right;">21</p>
<b>Baked Ziti Parmesan</b> Sausage Florentine Soup Wax Beans w/ Pimento Banana <p style="text-align: right;">24</p>	<b>Rotisserie Chicken</b> Brown Rice Pilaf Winter Squash Ice Cream Cup <p style="text-align: right;">25</p>	<b>Beef Stroganoff Over Noodles</b> Cauliflower w/ Parsley Blueberry Muffin <p style="text-align: right;">26</p>	<b>Baked Ham <u>OR</u> Pub-Style Fish</b> Au Gratin Potatoes Brussel Sprouts Apple Crisp <p style="text-align: right;">27</p>	<b>BBQ Chicken Breast <u>OR</u> Breaded Fish</b> Baked Beans Garden Salad Peaches <p style="text-align: right;">28</p>
<b>Chicken Cacciatore Over Noodles</b> California Blend Vegetables Three Bean Salad Chocolate Chip Cookie <p style="text-align: right;">31</p>	<p><i>During the pandemic, we are trying our best to avoid menu changes. On occasion, there may be a last-minute change. We apologize for the inconvenience.</i></p> <hr/> <p style="text-align: center;"><b>Need to reduce sugar and calorie intake?</b></p> <p>We offer a no-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake.</p> <p>If you would like to take advantage of this menu option, please request it when reserving your lunch.</p>			

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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.



## 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.
- 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:

NYS-OFA,  
US Department of Health & Human Services –  
Administration on Community Living,  
and the Broome County Office for Aging.

## Cornell Cooperative Extension Nutrition

Wednesday, 1/26, 12:30 – 1:00PM

Finding a Balance: Keeping Active and Eating Foods to Fuel Activity



**New day and time!**

Kathleen Cook, from Cornell Cooperative Extension Broome County, presents ways to **Move More** and **Sit Less** to benefit your overall health. Discover easy ways to add motion to your day and simple nutritious foods to get you through the winter months.

Registration is **not** required.

## Office for Aging Nutrition

Tuesday, 2/8, 10:15 – 11:00AM

**Sodium Sensibility**

Learn about:

- Current recommendations regarding sodium intake
- Using the “Nutrition Facts Labels” to reduce sodium intake
- Hidden sources of sodium
- Tips & tricks to reduce sodium intake
- Recipe modifications for better health



## Chop & Chat

Chop & Chat is temporarily on hold. More details will be announced as soon as we have them.

## Weekly Programs & Activities

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

### MONDAY

**Guitar Group:** 9:00AM–12:00PM  
**Gentle Yoga:** 9:30–10:30AM (\$3)  
**Watercolor Painting:** 9:30–11:30AM (\$3)  
**Line Dancing:** 10:45–11:45AM (\$3)  
**Knitting and Crocheting:** 11:30AM–1:30PM  
**Bonesavers:** 1:00–2:00PM (no fee)  
**Poetry:** 1:00PM (no fee; resuming in February)

### TUESDAY

**TOPS Weigh-In:** 9:00–9:45AM  
**TOPS Meeting:** 10:00–11:00AM  
**Zumba Gold & Toning:** 12:30–1:30PM (now \$3;  
resuming in February)  
**Table Shuffleboard:** 12:30–3:00PM (\$1)  
**Stretch & Strength:** 1:00–2:00PM (no fee)

### WEDNESDAY

**Guitar Group:** 9:00AM–12:00PM  
**Quilting:** 9:00AM–12:00PM (no fee)  
**Bridge:** 10:30AM–2:30PM (no fee; meet offsite)  
**Penny Bingo for Fun:** 12:30–3:00PM  
**Progressive Pinochle:** 12:30–3:00PM  
**Mahjong:** 1:00PM (no fee)  
**Bonesavers:** 1:00–2:00PM (no fee)  
**Writer's Workshop:** 1:00–2:00PM (no fee;  
resuming in February)

### THURSDAY

**Guitar Group:** 9:00AM–12:00PM  
**Oil Painting:** 10:00AM–1:00PM (\$3)  
**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)

## Important Membership Update

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

**Rates are increasing, effective 2/1/2022 to \$45 for an individual; \$80 for a couple.**

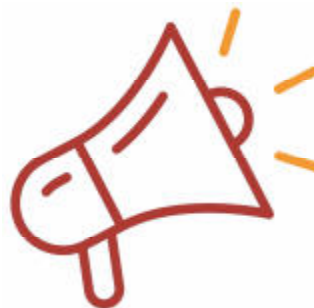
Installment plans, snow-bird rates and Veteran discounts available.

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

**NOTE:** a membership is not required for the lunch program, trips or Bingo.

**THANK YOU**  
for keeping your membership current!

### JCSC Ambassadors



We appreciate it when you refer your friends to our center!

Now we have a place on our new membership application where someone can tell us if they were referred by you.

At the end of the year, we'll award a free one-year membership to the member with the most referrals!

THANK YOU for spreading the word about us and serving as a JCSC Ambassador!!!

### Bingo

Monday Bingo is currently on hold.

## 2021 / 2022 Quilt Raffle

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

It'll fit a full- or queen-sized bed. The quilt is hanging in our Dining Room so you can check it out!

Tickets are \$3 each or two for \$5 at the receptionist's desk. The winner will be drawn March 16, 2022. You do not need to be present to win.



## 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.**

Their January meeting is **Monday, 1/3.**

Their February meeting is **Monday, 2/7.**

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

## AARP Driver Safety Classes

We are waiting to hear when these will resume.

## Seminars for Spiritual Growth

The Seminars are paused for January and February. They'll resume in March, on Thursdays from 11:00AM – 12:00PM.

We'll re-publish the list of upcoming Seminars in February's newsletter.

## Know Your Numbers

**Wednesday, January 5, 10:00AM – 12:00PM**

Joyce, from The Medicine Shop, is available to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 2/2.**

## Legal Aid

**Thursday, January 20, 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. **Next visit 2/17.**

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

## Haircuts

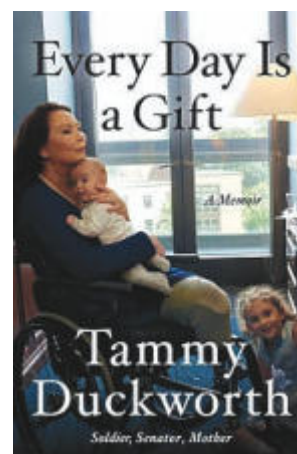
**Wednesday, January 26, 10:00 – 11:30AM**

Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 2/23.**

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

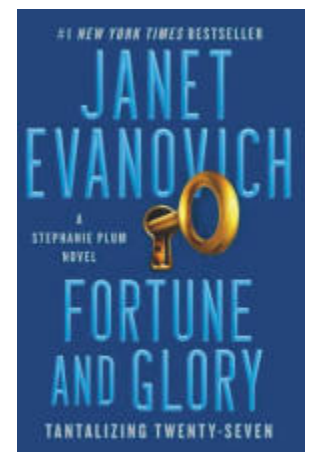
## Book Club

Meetings have resumed at the Senior Center. **All are welcome!**



**Wednesday  
March 9  
3:00 – 4:00PM**

**← Wednesday  
January 26  
3:00 – 4:00PM**





## Zumba Gold

Zumba Gold is a lower-intensity version of Zumba designed especially for seniors. Best of all, it's fun! Call the center if interested in the class.

## Poetry Group and Writer's Workshop

Both programs plan to resume in February and are **looking for new members**.

The **Poetry Group** (Mondays) reads and discusses poets and poetry. No need to worry if you don't know the difference between a haiku and a sonnet..... that's what we're exploring!

The **Writer's Workshop** (Wednesdays) enjoys a unique camaraderie through writing exercises that stretch their imagination and memory.

**Give the classes a try!**

## In Memory



Judy Hiza  
Doris J. Leskovich  
Laura Jean Strunk

## Lourdes Mammography Van – 2022

Wednesday, May 25  
Thursday, September 22

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

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

## January Raffle

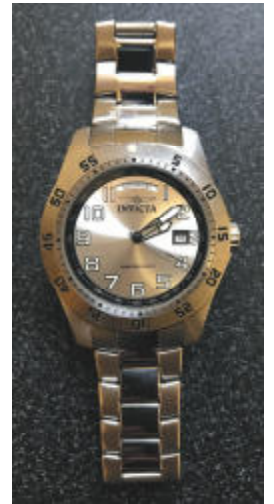
Invicta  
Stainless Steel Quartz Watch

\$1 per ticket OR  
6 tickets for \$5

Drawing January 31.

You do not need to be present to win.

Thank you to Jack for donating this beautiful timepiece!



## JCSC Masks

Our JCSC masks are \$10.00.



*Burgundy mask lined in white.  
Wire at top of nose piece keeps mask in place.  
Embroidered with JCSC in white.*



## Bottle / Can Drive

Save your empties! We'll take them anytime!



JOHNSON CITY SENIOR CENTER | 9

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## TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

### *Happy New Year!*

First we want to thank all who traveled with us in 2021. Your support is greatly appreciated. We've reconnected with old friends we haven't seen in a while and met so many new members. We're glad you joined us and hope to see you on a future trip.

Our last three trips were so much fun!

We went to Villa Roma for a tribute to Kenny Rogers and Dolly Parton. Their songs really brought back memories. We went a second time to Villa Roma for a tribute to Motown music and frankly, some of the best entertainment we've seen all year!

Our last trip of 2021 was to Stowe, Vermont and a stay at the Von Trapp Lodge. We learned the history of the family (they had lots of kids!!!) and saw a documentary by Maria herself. Their story is incredible! We had wonderful Bavarian food, beautiful accommodations and mountain views that made us all think of Austria. We'll never forget this trip!

We're still working with Hale Transportation on ideas and plans for 2022. Nothing is written in stone yet, but we can tell you that *adventure awaits* with some old and new day trips and some great overnight trips. That's all we can say for now, so stay tuned.

If you need to reach us, the Trip Committee has their own phone extension and voicemail at the Senior Center. If you call 607-797-3145, you can press 205 to be transferred to our voicemail.

Thank you for your support,

### **The Trip Committee**

Lucy Baker

Dorothy Blasko

Karen Derrick

Bill Hagopian

Doreen Pritsos

Eleanor Speanburgh

*adventure  
awaits*

# NEVER MISS A NEWSLETTER!

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emailed to you at  
[www.mycommunityonline.com](http://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!**

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