

Johnson City Senior Center

Celebrating Seniors



February 2022



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

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Musician Fest

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



Violinist Wan-Chun Hu from the Binghamton Philharmonics will be at the Johnson City Senior Center to perform.

Binghamton Philharmonics is delighted to partner with us to provide this ***“Musician Fest”***.

It is funded by the Music Performance Trust Fund (MPTF), a program in collaboration with the American Federation of Musicians, Sony Music Entertainment, Universal Music Group, and the Warner Music Group. The grant applications were prepared by Local 380 of the American Federation of Musicians.

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

JC Alumni Association – 50 Year Club

Monday, February 14, 1:00PM

The 50 Year Club is meeting at the center to plan for an August picnic (if COVID protocols allow).

They need 2 members from the following classes to represent their respective class on the committee: 1967, 1968, 1969, 1970, and 1971.

For more details, contact the center and we'll put you in touch with the group.

Closed – President's Day

Monday, February 21



AARP Tax Preparation

Appointments are available with AARP for complimentary tax services. They're at the Center starting Tuesday, 2/1 through Tuesday, 4/12.

Appointments are available:
Tuesdays, Wednesdays and Thursdays.

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

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

If Johnson City School District is closed due to weather, tax appointments are canceled. We will call you back to reschedule your appointment.

Reminder



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

We are open when school is delayed.

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

LUNCH MENU

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Liver w/Onions <u>OR</u> Chicken w/ Cranberry Mashed Potatoes French Cut Green Beans Tapioca Pudding w/ Mandarin Oranges	2 Classic Meat Lasagna Wax Beans w/ Pimento Garden Salad Pears	3 Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler	4 Pub Burger <u>OR</u> Tuna Salad Sandwich Baked Potato Black Bean Salad Applesauce
	7 Beef Stew Over a Biscuit Broccoli Applesauce Snickerdoodle Cookie	8 Grandma's Meatloaf <u>OR</u> Herb-Rubbed Pollack Mashed Potatoes Stewed Tomatoes Fruited Gelatin	9 Roasted Chicken Breast Apple Bread Dressing Mixed Vegetables Apple Crisp	10 Swedish Meatballs Buttered Noodles Peas Pumpkin Cake
14 Rotisserie Chicken Baked Beans Red Potato Salad Strawberry Shortcake	15 Sweet & Sour Chicken Brown Rice Pilaf Garden Salad Peaches	16 Pub Burger <u>OR</u> Egg Salad Sandwich Harvest Vegetable Soup Applesauce Chocolate Chip Cookie	17 Liver w/Onions <u>OR</u> Lemon Basil Chicken Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	18 Pub-Style Battered Fish <u>OR</u> Sausage w/Peppers & Onions Baby Red Potatoes Salad Mandarin Oranges
21 Closed <i>in Recognition of Presidents Day</i> 	22 Baked Ziti Parmesan Sausage Florentine Soup Banana	23 Halupki <u>OR</u> Roasted Chicken Thigh Mashed Potatoes French Cut Green Beans Mandarin Oranges	24 Roast Turkey w/ Cranberry Baked Potato Broccoli Florets Cherry Crisp	25 Beef Stroganoff <u>OR</u> Citrus-Rubbed Pollack Buttered Noodles Sliced Carrots Bread Pudding
28 Macaroni & Cheese Stewed Tomatoes Cut Green Beans Carnival Cookie	<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;">Need to reduce sugar and calorie intake?</p> <p>We offer a no-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. 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 AND 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 Bags

Beginning this month, we will no longer provide plastic bags for to-go lunches. Please remember to bring your own bag for your to-go lunch. Sorry for any inconvenience.

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.

Office for Aging Nutrition

Tuesday, February 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



Registration is **not** required.

Cornell Cooperative Extension Nutrition

Wednesday, February 23, 12:30 – 1:00PM

Food Safety



New day and time!

Kathleen Cook, from Cornell Cooperative Extension Broome County, presents:

- Proper care of leftovers
- Keeping your refrigerator at the proper temp
- Including dates on fridge/freezer items
- Cooking foods thoroughly
- Thawing safely

Registration is **not** required.

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)

Membership

Annual membership is currently \$45.00 for an individual; \$80.00 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 us!

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!!!

Euchre

We have someone interested in forming a Euchre group. Euchre is a card game. If you're interested, contact the Center.

Bingo

Monday Bingo is currently on hold.

Seminars for Spiritual Growth

Our Center will recommence its Seminars for Spiritual Growth in March.

Seminars are Thursdays from 11:00AM – 12:00PM.

Seminar: Levels of Prayer

March 3, 10, 17 and 24

Seminar: Relaxation and Meditation

April 7, 14, 21 and 28

Seminar: Bible History and Hebrew Meaning of Key Words

May 5, 12, 19 and 26

Seminar: Biblical Meditation and Inner Harmony

June 2, 9, 16 and 23

Seminar: The Spiritual Student Path

July 7, 14, 21 and 28

Seminar: The Sparks of Healing Light

August 4, 11, 18 and 25

You can choose the Seminar(s) you want to attend. A \$5.00 contribution per monthly seminar is payable to the Center when registering.

Register with the receptionist or by calling us at 607-797-3145. Space is limited.

Prospective students can pick up the Seminar Leader's Vocational Resume at the receptionist's desk.

Reverend Hilda also offers the options below each Thursday.

Group Meditation:

From **10:00 to 11:00AM on Thursdays**. New students welcome. Fee is \$3.00, payable to the instructor.

Private Counseling (by appointment):

From **2:00 to 3:00PM on Thursdays**. Fee is \$3.00, payable to the instructor.

2021 / 2022 Quilt Raffle

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

It fits a full or queen-sized bed. The quilt is hanging in our Dining Room so check it out!

Tickets are \$3 each or two for \$5 at the receptionist's desk.

Time is running out to enter! The winner will be drawn March 16, 2022.

You do not need to be present to win.



In Memory



Raymond & Doris Balles
Peter & Stephanie Cirba
Marian Prosch

Stay Healthy Caregiver Chat Group

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 is **meeting virtually the first Monday of the month from 1:00 – 2:30PM.**

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

Their March meeting is **Monday, 3/7.**

Participants can call in using a landline or cell phone:

Dial: 607-778-6547

Meeting: Code: 2187#

Attendee Code: 123456#

Call Danielle Schaeffer, Group Facilitator, at the Broome County Office for Aging, 607-778-2411 if you have questions.

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** plus links to **Chair Exercises** (more links added recently).

Click on "Activities & Programs" then on "Virtual Activities".

Know Your Numbers

Wednesday, February 2, 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 3/2.**

Legal Aid

Thursday, February 17, 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 3/17.**

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

Haircuts

Wednesday, February 23, 10:00 – 11:30AM

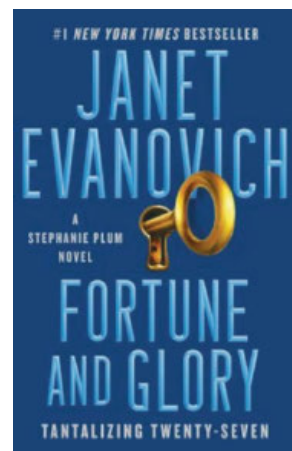
Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 3/23.**

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

Book Club

Meetings are at the Senior Center.
All are welcome!

**Wednesday
March 9
3:00 – 4:00PM**



AARP Driver Safety Classes

We are waiting to hear when these will resume.

Our Library

Our new bookshelves are expected later this month! We can't wait!!!

If you can help assemble the bookshelves or unpack and re-shelve the books, please leave your name and number with our receptionist.

LCD Video Magnifier

We received a generous donation of a Merlin LCD video magnifier from Frank and Darlene Bianco of Johnson City.

The Merlin LCD is a full-color, auto-focus video magnifier system designed to enhance the lifestyle of the visually impaired. It enables individuals with low vision to read, write, view photos, enjoy crafts and hobbies and more. It offers color, black and white, or enhanced high-contrast positive or negative viewing modes.

It also includes 3 different preset color combinations for both text and background to provide improved viewing when reading. An additional 25 color combinations are available and can be programmed.

If you or someone you know could benefit by using this, send them our way! It's currently available to use in the Craft Room and will be relocated to the Library once it's all set up again.



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

Thank you for saving your bottles and cans for us.

Those nickels really add up!

In 2021, we all raised \$650.30 in returnables..... amazing!

We'll continue to take them anytime.

Thank you!



Rentals

Our center is back looking better than ever. Book your next event using one of our rooms. Perfect for bridal or baby showers, birthday parties or retirement parties.

Call 607-797-3145 for availability.

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TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

Happy February!

We're getting closer! The Trip Committee is meeting with Cam Morris from Hale Transportation soon to work on this year's trips and hopefully finalize most of them. We hope to secure dates for favorites like Sight and Sound's "David" and Hunterdon Hills' "I Left My Dignity in my Other Purse".

Several people have asked us to return to Penn's Peak and Villa Roma so we're planning to do that. Penn's Peak is offering Patsy Cline and Frankie Valli tributes. Villa Roma is offering an Elvis/Connie Francis tribute, so we'll try to secure dates for them. Silver Birch's Oktoberfest will be back this year.

Some new ideas are a day trip to Lake George, Alexandria Bay, the Log Cabin in Holyoke, Massachusetts for a Lobster Bake and maybe a few more. It's a work in progress.

We're also working on a few multi-day trips and hope to have more information soon. It's a slow process; venues such as hotels and theaters are just beginning to open their schedules and Cam is staying in touch with them.

Hopefully by the end of February we'll have everything confirmed. We'll let you know when we'll be at the Center to answer questions and take reservations. We're looking forward to seeing you all again.

We have our own phone extension and voicemail at the Center. Call 607-797-3145 and press 205 to be transferred to our voicemail. We'll get back to you as soon as possible.

Thank you for your patience and support,

The Trip Committee

Lucy Baker

Dorothy Blasko

Karen Derrick

Bill Hagopian

Doreen Pritsos

Eleanor Speanburgh



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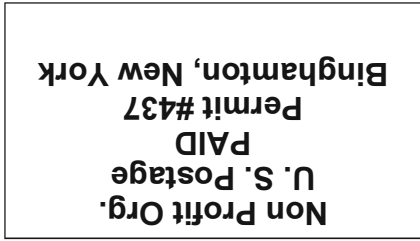
Like us on **Facebook** to keep up with our activities and events!

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