

Johnson City Senior Center

Celebrating Seniors



March 2022



Hello March



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

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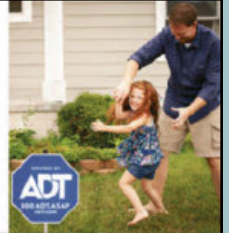
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FYZICAL Balance Seminar

Monday, March 14, 10:30 – 11:30AM



Come and learn from FYZICAL Therapy and Balance Centers' Dr. McMahon as he presents on Fall Prevention.

Learn how to identify your own risk for falling, at-home safety tips and strategies to improve balance.

Not sure if you're at risk for falling? Stop in and find out from FYZICAL's Balance Expert!

Registration **not** required.

JC Alumni Association – 50 Year Club

Monday, March 14, 1:00PM

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



They need members from the class of 1968 and 1970 to represent their respective classes.

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

Johnston School of Irish Dance

Thursday, March 17, 10:30 – 10:45AM



Join us to enjoy a performance by the lads and lassies from the Johnston School of Irish Dance. It's the perfect way to celebrate St. Patrick's Day. Don't forget to wear your green!

If staying for lunch, please order by Wednesday, March 16 at noon.

Be Red Cross Ready

Tuesday, March 22, 10:45 – 11:30AM



Learn how to:

- Plan for an emergency (storm or flood)
- React in an emergency (car accident, gas line)

Registration **not** required.

Hearing Screening

Wednesday, March 30, 9:00AM – 12:00PM



Amanda VanFossen visits from Tri-City Hearing to do hearing screenings.

Call us at 607-797-3145 for an appointment or see the receptionist.

Save Money with Medicare

Wednesday, March 30, 11:30AM – 12:30PM



Action for Older Persons visits to discuss the various savings programs available. These include Medicare Savings Program, Extra Help, NYS Epic, pharmaceutical assistance programs and the local hospital programs.

They'll also explain how they're able to help Medicare beneficiaries outside of open enrollment.

There will an opportunity to ask questions and meet one-on-one.

Registration **not** required.

LUNCH MENU

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Salad Croissant Baby Beets Cottage Cheese Pineapple	Meatless Vegetable Lasagna Wax Beans w/ Pimento Garden Salad Pears	Baked Ham OR Broiled Fish Scalloped Potatoes Corn Cinnamon Apples	Chicken Marsala OR Pub-Style Fish Mashed Potatoes Peas & Carrots Orange Cranberry Bar
	Pierogi w/Onions & Kielbasa Diced Beets Applesauce	Meatball Sub Minestrone Soup Garden Salad Double Chocolate Cookie	Roast Turkey Apple Bread Dressing French-Cut Green Beans Pumpkin Cake	Swish Steak OR Broiled Fish Mashed Potatoes Carrots Pears
Broccoli & Cheese Omelet O'Brien Potatoes Low-Fat Cottage Cheese Pineapple	Roasted Chicken Breast OR Halupki Mashed Potatoes Spinach Fruit Cup	Grandma's Meatloaf Macaroni & Cheese Stewed Tomatoes Oatmeal Raisin Cookie	Baked Ham OR Pub-Style Fish Baby Red Potatoes Cabbage & Carrots Key Lime Pie Cups 	Swedish Meatballs OR Citrus-Rubbed Pollack Buttered Noodles California Blend Vegetables Pears
Baked Ziti Parmesan Sausage Florentine Soup Garden Salad Banana	Rotisserie Chicken Brown Rice Pilaf Winter Squash Ice Cream	Beef Stroganoff Over Noodles Cauliflower w/ Parsley Blueberry Muffin	Chicken Salad Croissant Harvest Vegetable Soup Pineapple Upside Down Cake	Pub Burger OR Breaded Fish Baked Beans Garden Salad Peaches
Beef Stew Over a Biscuit California Blend Vegetables Cinnamon Apple Slices Chocolate Chip Cookie	Liver w/Onions OR Chicken w/ Cranberry Mashed Potatoes French-Cut Green Beans Tapioca Pudding w/ Mandarin Oranges	Sausage Mushroom Pasta Wax Beans w/ Pimento Garden Salad Pears	Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler	

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.

Need to reduce sugar and calorie intake?

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.

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

Wednesday, March 9, 12:00PM



Senior Nutrition Program

Celebrate ● *Innovate* ● *Educate*

Nationally, the Senior Nutrition Program has supported nutrition services for older adults since 1972. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

Join us as we celebrate this milestone.

Registration **not** required.

Cornell Cooperative Extension Nutrition

Wednesday, March 23, 12:30 – 1:00PM

Celebrate a World of Flavor!



Kathleen Cook, from Cornell Cooperative Extension Broome County, visits.

Registration **not** required.

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)

TUESDAY

TOPS Weigh-In: 9:00–9:45AM
TOPS Meeting: 10:00–11:00AM
Zumba Gold & Toning: 12:30–1:30PM (now \$3)
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)
Penny Bingo for Fun: 12:30–3:00PM (**resuming this month!**)
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)

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: 10:30–11:30AM (no fee) (**resuming this month!**)
Chair Exercises: 12:30–1:15PM (no fee)

Important Membership Update

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 or trips.

THANK YOU
for keeping your membership current!

Revised JCSC Mask Policy

* *In coordination with Broome County OFA **

- We will not require masks.
- We encourage social distancing when possible; if not possible, consider wearing a mask.
- Please stay home if you're not feeling well.
- Masks are required if you've been in close contact with a COVID-positive individual.
- Masks are required during and after isolation periods for COVID-positive individuals.

For additional guidance on NYS's approach to isolation and quarantine, see:

<https://coronavirus.health.ny.gov/new-york-state-contact-tracing>

Euchre

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

Ladies Sing AND Penny Bingo for Fun

Resuming in March..... spread the word!

Krispy Kreme Doughnut Fundraiser

Did someone say doughnuts? You betcha!



Pre-order a dozen **glazed doughnuts** for \$9.00.

You can order and pay at the receptionist's desk.

Pick them up at the center on Wednesday, April 6, 1:00–3:00PM or Thursday, April 7, 12:00–2:00PM. Sorry but delivery is not available.

Last day to order and pay is Thursday, March 31 at noon.

As an added convenience, order online with a credit card for \$10.00 for a dozen.

Contest: pick up an order sheet at the center or download from our website. The top three sellers will each get a free dozen.

JCSC Cookbook

We're looking for your BEST recipes for a JCSC Cookbook!

Contribute as many recipes as you like! Submit online or give a hard copy to our receptionist.

To submit a recipe online:

- Go to: www.typensave.com/get-started
- Login with:
 - Username: JCSC
 - Password: broccoli633
- Follow the directions to add a recipe.
- The link to the cookbook website is also on our website's main page. Look for image below.

Recipes can be submitted until April 30, 2022.

Stay tuned for more info on how to pre-order the cookbook.

LET'S GET COOKING!



Rentals

Book your next event using one of our rooms.



Perfect for
bridal or baby
showers,
birthday parties,
graduation parties,
or retirement parties.

**Call 607-797-3145
for availability.**



Stay Healthy Caregiver Chat Group

This informal discussion group is open to caregivers of any age.



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

Their upcoming meetings are **Monday, 3/7 and Monday, 4/4.**

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.

Our Library

Our new bookshelves were delayed until this month. We're still looking for help to assemble the shelves and/or unpack and re-shelve the books. Please leave your name and number with our receptionist if you can help. **Thank you!**



Bottle / Can Collection

We'll continue to accept your bottles and cans anytime.
Thank you!

AARP Driver Safety Classes

We are waiting to hear when these will resume.

Know Your Numbers

Wednesday, March 2, 10:00AM – 12:00PM

The Medicine Shoppe is here to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 4/6.**

Legal Aid

Thursday, March 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 4/21.**

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

Haircuts

Wednesday, March 23, 10:00 – 11:30AM

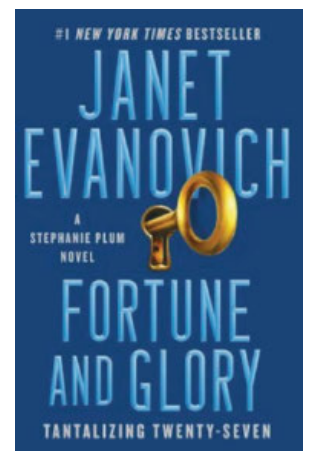
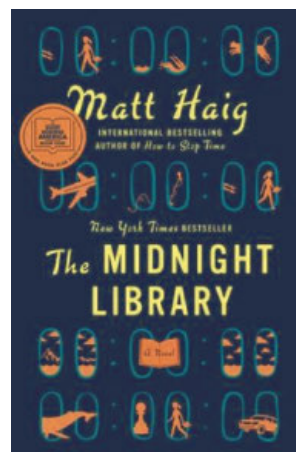
Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 4/27.**

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

Book Club

Meeting at the Senior Center every 6 weeks.
All are welcome!

**Wednesday
March 9
3:00 – 4:00PM**



**Wednesday
April 20
3:00 – 4:00PM**

TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

Happy Spring!

Well, maybe it's Spring. People are telling me they're seeing robins, most of the snow is gone (at least for now) so hopefully winter is behind us.

The Trip Committee has been meeting with Cam Morris from Hale Transportation and have everything confirmed for this year. We're excited to finally be able to offer more fun trips for everyone. Things are moving right along and by mid-March we'll have a newsletter dedicated to trips. All the years' trips will be in it, as well as our Trip Policies. Keep it handy throughout the year.

We'll have a representative from the Trip Committee at the Senior Center from **10:00AM to 12:00PM** on the following days:

Monday: Lucy Baker

Tuesday: Dorothy Blasko

Wednesday: Karen Derrick

Stop by to make your reservations or just to chat. It's been ages since we've been able to sit across from each other, hasn't it? We're long overdue.

If you need to reach us when we're not at the center, 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.

See you all soon,

The Trip Committee

Lucy Baker

Dorothy Blasko

Karen Derrick

Bill Hagopian

Doreen Pritsos

Eleanor Speanburgh



Seminars for Spiritual Growth

Our Center will recommence its Seminars for Spiritual Growth this month.

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 Receptionist 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

Drawing the winner on March 16, 2022.

Nine Patch Garden, by our talented JCSC Quilters, fits a full or queen-sized bed. It's displayed in our Dining Room, so check it out!

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

You do not need to be present to win.



NY Southern Tier Geology Gem & Mineral Show

Saturday, April 2, 9:00AM – 5:00PM

Sunday, April 3, 10:00AM – 4:00PM

It's back! Don't miss it!

Admission: \$4.00

Children (12 and under): free

In Memory



Donna Marsh

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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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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Binghamton, New York

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