

# Johnson City Senior Center

## *Celebrating Seniors*



April 2022



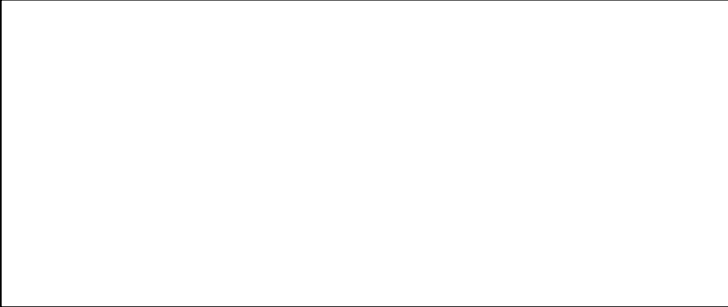
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## Estate Planning & Advance Directives

Tuesday, April 19, 10:30 – 11:30AM



National Healthcare Decisions Day is April 16 and exists to educate and empower the public about the importance of advance care planning.

Attorneys Amanda Giannone and Chelsea Aiosa join us from Levene Gouldin & Thompson Law Office for a timely presentation on the basics of estate planning, estate administration and advance directives.

This will include an explanation of probate, wills, power of attorney, health care proxies, living wills and trusts.

**Registration not required.**

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## Movie Roadshow

Tuesday, April 26, 10:30 – 11:30AM

Presented by the **Memory Maker Project**, participants will view and discuss clips of iconic films, hand-selected to evoke discussions, storytelling and reminiscence.

We'll even have popcorn for that true movie experience!

Thank you to the Broome County Office for Aging for making this special program possible.

**Registration not required.**

## Twin Tiers Honor Flight – Shoe Drive

Ongoing



If you're spring cleaning and have shoes to toss, drop them off at the collection box at our center to benefit the local organization, Twin Tiers Honor Flight.

They accept sneakers, dress shoes, sandals, flip-flops, crocs, slippers, boots and work boots that are gently worn, used or new.

This keeps shoes out of the landfill; did you know that 300 million pairs of shoes go to US landfills every year? Instead, your unwanted shoes are recycled through Funds2Orgs. They take the shoes and send them to third world countries to help individuals create small businesses selling the recycled shoes; thereby creating sustainable incomes for their families.

The profits from the sale of the shoes to Fund2Orgs go to the Twin Tiers Honor Flight to fulfill their mission. This allows them to recognize American Veterans for their sacrifices and achievements by bringing them to Washington DC to see their memorial at no cost to the veteran.

The collection box is located in our Dining Room. **For the month of April and May, Twin Tiers Honor Flight gets 20% more money for the shoes they recycle!**

There's also info on the Twin Tiers Honor Flight if you're a veteran or you know a veteran that wants to participate in an Honor Flight.

# LUNCH MENU

# APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Pepper Steak <u>OR</u> Broiled Fish w/ Lemon</b> Baked Potato Black Bean Salad Applesauce
<b>Sweet &amp; Sour Chicken</b> Brown Rice Pilaf California Blend Vegetables Peaches	<b>Grandma's Meatloaf</b> Mashed Potatoes Stewed Tomatoes Fruited Gelatin	<b>Roasted Chicken Breast</b> Apple Bread Dressing Mixed Vegetables Apple Crisp	<b>Hot Dog</b> Baked Beans Red Potato Salad Ice Cream Cup	<b>Salisbury Steak <u>OR</u> Broiled Fish w/ Herbs</b> Cheesy Mashed Potatoes Cut Green Beans Pears
<b>Beef Burgundy Over Noodles</b> Baby Carrots Applesauce	<b>Roasted Chicken Breast</b> Bread Dressing Peas w/Pearl Onions Peach Crisp	<b>Pub Burger <u>OR</u> Egg Salad Sandwich</b> Harvest Vegetable Soup Chocolate Chip Cookie	<b>Liver w/Onions <u>OR</u> Lemon Basil Chicken</b> Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	<b>Pub-Style Battered Fish <u>OR</u> Sausage w/Peppers &amp; Onions</b> Baby Red Potatoes Salad Mandarin Oranges
<b>Chicken Parmesan</b> Minestrone Soup Applesauce Ice Cream Cup	<b>Spring Veggie Omelet</b> Seasoned Diced Potatoes Warm Spiced Pears Cinnamon Coffee Cake	<b>Halupki <u>OR</u> Roasted Chicken Thigh</b> Mashed Potatoes French-Cut Green Beans Pineapple	<b>Baked Ham <u>OR</u> Broiled Fish</b> Scalloped Potatoes Spinach Cinnamon Apple Slices	<b>Beef Stroganoff <u>OR</u> Citrus-Rubbed Pollack</b> Buttered Noodles Sliced Carrots Bread Pudding w/ Raisins
<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Cut Green Beans Carnival Cookie	<b>Chicken Salad Croissant</b> Cream of Broccoli Soup Cold Beet Salad Peaches	<b>Rotisserie Chicken</b> Baked Potato Coleslaw Mandarin Oranges	<b>Pierogies w/ Kielbasa</b> Winter Squash Garden Salad Chocolate Brownie	<b>Chicken Marsala <u>OR</u> Pub-Style Battered Fish</b> Mashed Potatoes Peas & Carrots Orange Cranberry Bar

We try 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

We 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.

## Cornell Cooperative Extension Nutrition

Wednesday, April 27, 12:30 – 1:00PM

**Challenges & Solutions for Health:  
Overcoming Barriers & Reducing Stress**



This month, Kathleen Cook, from Cornell Cooperative Extension Broome County, discusses what “gets in the way” of eating healthier, feeling well and being more physically active. Talk about possible solutions for overcoming these barriers by making plans and connections and interacting with others.

**Registration not required.**

The May class will be on Wednesday, 5/25 at 12:30PM.

## Chop & Chat



Faith in Action presents this program to offer socialization and delicious nutritional recipes.

The program is currently offered as a take-home recipe (ingredients provided!) while Faith in Action searches for a new instructor.

**If interested, please contact our receptionist, Patty at 607-797-3145, to sign-up.**

## 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)

### TUESDAY

**TOPS Weigh-In:** 9:00–9:45AM  
**TOPS Meeting:** 10:00–11:00AM  
**Table Shuffleboard:** 12:30–3:00PM (\$1)  
**Chair Exercises – Stretch:** 12:30–1:30PM (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  
**Progressive Pinochle:** 12:30–3:00PM  
**Mahjong:** 1:00PM (no fee)  
**Bonesavers:** 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

**Gentle Yoga:** 10:00–11:00AM (\$3)  
**Ladies Sing:** 10:30–11:30AM (no fee)  
**Chair Exercises – Strength:** 12:30–1:30PM (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!

### Class Notes

**Poetry Group AND Writers Workshop:** resuming via email. Call if interested in participating and we'll connect you with the group leader. Thank you to Sandy Rafter for leading these two groups.

**Zumba:** several people expressed interest in having Zumba resume. We're working on setting up a class and we'll post info once it's confirmed. If interested, let us know.

**Chair Exercises:** Friday's Chair Exercises is now shown on the schedule as "Chair Exercises – Strength". The Tuesday **Stretch & Strength** class has been renamed to "Chair Exercises – Stretch". Both are the same classes they've always been and will continue to use the DVDs by *Stronger Seniors* doing the Stretch DVD on Tuesday and the Strength DVD on Friday. There's no class fee.

Thank you to Marge Bakalar for coordinating this activity and to Ron German for setting up the exercise room for it.

**Penny for Bingo:** activity resumed; spread the word! Thank you to Irene Bealo for coordinating.

**Euchre:** several people expressed interest. We're working on setting it up. Stay tuned for more info!

## Stay Healthy Caregiver Chat Group

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



The group will meet **virtually** on Monday, 4/4 from **1:00 – 2:30PM**.

Participants can call in using a landline or cell phone:

Dial: 607-778-6547

Meeting: Code: 2187#

Attendee Code: 123456#

**On Monday, 5/2, the meeting will be in-person at the Johnson City Senior Center.**

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

## JC Alumni Association – 50 Year Club

**Monday, April 11, 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 leader.

Their May meeting is Monday, 5/9 at 1:00PM.



©LPI

## Know Your Numbers

**Wednesday, April 6, 10:00AM – 12:00PM**

The Medicine Shoppe is here to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 5/4.**

**Appointment not required.**

## Legal Aid

**Thursday, April 21, 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 5/19.**

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

## Haircuts

**Wednesday, April 27, 10:00 – 11:30AM**

Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 5/25.**

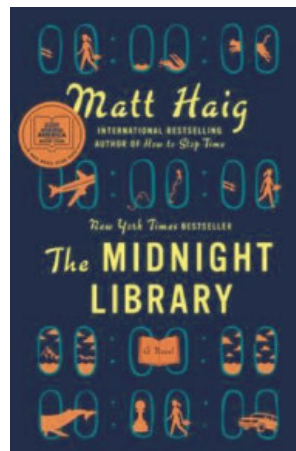
**To make an appointment, see our receptionist or call 607-797-3145.**

## Book Club

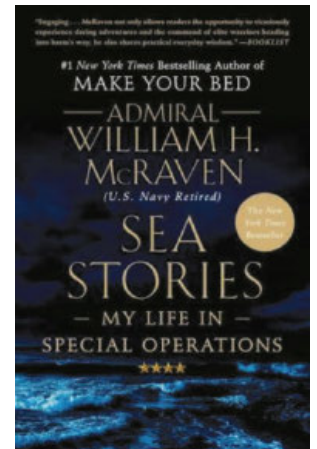
Meeting at the Senior Center every 6 weeks.

**All are welcome!**

**Wednesday  
April 20  
3:00 – 4:00PM**



**Wednesday  
June 1  
3:00 – 4:00PM**



## 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](http://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!



## AARP Driver Safety Classes



Discount on car insurance after course completion.

Classes fill up quickly.

Payment required to secure your spot.

**Check or money order (payable to AARP).**

**See receptionist to register and pay.**

You will be asked to sign a COVID waiver at the start of class.

AARP Members: \$25

Non-AARP Members: \$30

These Senior Centers have April classes; call the number listed for details:

**Vestal:** (607-754-9596) 4/11 & 4/12

**Eastern Broome:** (607-693-2069) 4/11 & 4/12

**Broome West:** (607-785-1777) 4/25 & 4/27

We currently have these classes to offer at our center and plan to set up more classes:

**Tuesday, 5/24 & Thursday, 5/26\*\* (FULL)**

\*\* must attend both classes 1:00–4:15PM

**Thursday, 7/7 & Friday, 7/ 8\*\***

\*\* must attend both classes 1:00–4:15PM

**Tuesday, 9/6 & Thursday, 9/8\*\***

\*\* must attend both classes 1:00–4:15PM

## Event Space

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.**





## Seminars for Spiritual Growth

Our Center offers Seminars for Spiritual Growth.

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

### **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.

The seminar leader is Reverend Hilda. Her vocational resume is available at the receptionist's desk.

These options are also available 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.

## Gifts to the Johnson City Senior Center

A gift through your will, trust or estate plan is a simple way to leave a lasting legacy. Please ask how you can make a difference in our Senior Center's future.

## Annual Election for Board of Directors

At the March meeting of the Board of Directors, the Nominating Committee presented the Slate of Officers & Directors. Voting occurs at the annual meeting in April.

### **2022 – 2023 Slate of Officers & Directors**

Chairperson – Susan Paredez  
Vice Chairperson – Pamela Stento  
Treasurer – Jeffrey Greenblott  
Assistant Treasurer – Brian Peacock  
Secretary – Debbie Thorpe

### Directors:

Chelsea Aiosa  
Lucy Baker  
Dorothy Blasko  
Vince Gennett  
Tilly Huizinga-Hauser  
Debbie Isaak  
Drenda Kudlac  
Eleanor Stethers

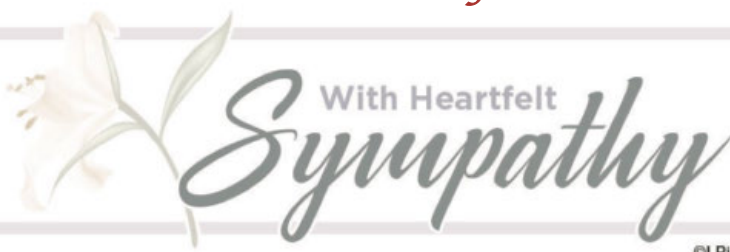
**If anyone has any objections to our 2022-2023 Slate of Officers and Directors, please call the office at 607-797-3145 by April 20.**

Many thanks to Bill Hagopian and Karen Derrick for their time and dedication to our center.

## 2021 / 2022 Quilt Raffle

The beautiful quilt by our talented JCSC Quilters, **Nine Patch Garden**, was won by Pattie Jenkins. As a member of the Quilters Guild, we know she'll appreciate the workmanship.

## In Memory



Allen Ric Hill

# TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

## On the Road Again!

We're excited to announce fifteen bus trips for 2022: 13 day trips and 2 overnight trips. All the trip info is highlighted on our website (under the "Trips" tab) and in a new Trip Newsletter (available on the website under "Newsletters" on the main page or as a printed copy at the center).

A member from the Trip Committee is at the Center from **10:00AM to 12:00PM** on these days:

**Monday:** Lucy Baker

**Tuesday:** Dorothy Blasko

**Wednesday:** Karen Derrick

You can also leave us a voicemail at the Center by calling 607-797-3145 and pressing 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 Spearburgh*

**The balance due date for the first trip,  
Villa Roma: Elvis / Connie Francis Tribute,  
has been extended to April 11.**

Date	Day Trips	Member Price	Non Member Price	Deposit Required	Balance Due By
5/10/2022	Villa Roma: Elvis / Connie Francis	\$125	\$135	\$50	April 11
5/25/2022	Hunterdon Hills: I Left My Dignity In My Other Purse	\$148	\$158	\$50	April 15
6/30/2022	Lake George Luncheon Cruise	\$150	\$160	\$50	June 1
7/6/2022	Adirondack Railroad to Old Forge	\$143	\$153	\$50	June 1
7/21/2022	Log Cabin: Lobsterfest & Dixieland Jazz	\$203	\$213	\$50	June 23
8/2/2022	Medieval Times Lunch Show	\$149	\$159	\$50	June 28
8/18/2022	Alexandria Bay with St. Lawrence Scenic Cruise	\$148	\$158	\$50	July 14
8/29/2022	New York State Fair	\$74	\$74	\$50	July 25
9/20/2022	Penns Peak: Frankie Valli Tribute	\$136	\$146	\$50	August 16
10/5/2022	Penns Peak: Patsy Cline Tribute	\$132	\$142	\$50	August 31
10/26/2022	Silver Birches: Oktoberfest	\$115	\$125	\$50	Sept. 21
11/10/2022	Log Cabin: Veterans' Tribute & Holiday Show	\$195	\$205	\$50	October 6
12/7/2022	Syracuse Lights	\$124	\$134	\$50	Nov. 2

Dates	Overnight Trips	Single	Double	Triple	Quad	Deposit Required	Balance Due By
6/15 – 6/17/2022	Lancaster & Amish Country	\$670	\$556	\$521	\$502	\$100	May 2
11/30 – 12/5/2022	Nashville Christmas	\$1,864	\$1,446	\$1,326	\$1,266	\$100	Oct. 26



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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

**BOARD OF DIRECTORS**

Sue Paredez, Chair

Pam Stento, Vice-Chair

Jeffrey Greenblott, Treasurer

Brian Peacock, Assistant Treasurer

Deborah Thorpe, Secretary

Chelsea Aiosa

Lucy Baker

Karen Derrick

Vincent Gennett

Bill Hagopian

Tilly Huizinga-Hauser

Eleanor Stethers

**EXECUTIVE DIRECTOR**

Kim Robinson

kim@johnsoncityseniorcenter.org

**ASSISTANT DIRECTOR**

Jack Williams

jack@johnsoncityseniorcenter.org

**RECEPTIONIST**

Patty Nalepa

patty@johnsoncityseniorcenter.org

**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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