

Johnson City Senior Center

Celebrating Seniors



May 2022

Hello




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First Ward Senior Chorus – Spring Show

Wednesday, May 18, 1:00 – 2:00PM



Enjoy music from the 1920s as the First Ward Senior Chorus treats us to their Spring Show!

Estate Planning & Advance Directives

Thursday, May 19, 1:00 – 2:00PM



Rescheduled due to the April snow storm.

Attorneys Amanda Giannone (past Board Member and Secretary) and Chelsea Aiosa (current Board Member) join us from Levene Gouldin & Thompson Law Office to present the basics of estate planning, estate administration and advance directives.

Includes an explanation of probate, wills, power of attorney, health care proxies, living wills and trusts.

Registration recommended but not required. Call the center at 607-797-3145 to register.

Lourdes Mammography Van

Wednesday, May 25, 9:00AM – 3:00PM



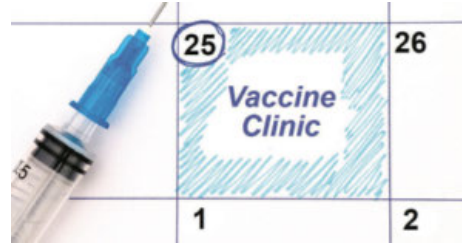
No physician referral required. You do not have to be a Lourdes patient. Your results can be sent to the health care provider(s) of your choice.

To pre-register, call Lourdes at 607-798-5723.

The van is back again at the center on Thursday, September 22, 2022

COVID Vaccine Clinic

Wednesday, May 25, 11:00AM – 1:00PM



Hosted by the Broome County Health Department.

Pfizer and J&J offered.

If interested in Moderna, let us know.

First, second and booster shots available.

Bring your vaccine card.

No appointment needed.

Fall Prevention Program & Annual Wellness Checkup

Tuesday, May 31, 10:00AM – 2:00PM



Binghamton University's Department of Physical Therapy is seeking participants for a study investigating fall risk. The program will help you determine your risk for falls and give you strategies to prevent future falls.

The program takes about 30 minutes to complete.

To participate you must be:

- 55 years or older
- Able to walk at least 14 feet with or without an assistive device
- Without visual impairment not correctable with lenses

For more information, contact the Binghamton University at 607-777-4700 or by email at vlugade@binghamton.edu.

Registration not required.

LUNCH MENU

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Broccoli & Cheese Omelet O'Brien Potatoes Low Fat Cottage Cheese Pineapple</p>	<p>3</p> <p>Meatball Sub Garden Salad Double Chocolate Cookie</p>	<p>4</p> <p>Roast Turkey Apple Bread Dressing French-Cut Green Beans Pumpkin Cake</p>	<p>5</p> <p>Swiss Steak <u>OR</u> Broiled Fish Mashed Potatoes Carrots Pears</p>	<p>6</p> <p><i>Mother's Day Luncheon</i> Herb-Rubbed Pollack <u>OR</u> Chicken Florentine Roasted Potatoes Peas Lemon Meringue Pie</p>
<p>9</p> <p>Chicken Parmesan Sandwich Minestrone Soup Applesauce</p>	<p>10</p> <p>Roasted Chicken Breast <u>OR</u> Halupki Mashed Potatoes Spinach Fruit Cup</p>	<p>11</p> <p>Baked Ham <u>OR</u> Pub-Style Fish Baby Red Potatoes Cut Green Beans Cinnamon Apple Slices</p>	<p>12</p> <p>Grandma's Meatloaf Macaroni & Cheese Stewed Tomatoes Oatmeal Raisin Cookie</p>	<p>13</p> <p>Swedish Meatballs <u>OR</u> Citrus-Rubbed Pollack Buttered Noodles California Blend Vegetables Pears</p>
<p>16</p> <p>Pierogies w/ Kielbasa California Blend Vegetables Chocolate Chip Cookie</p>	<p>17</p> <p>Cheesy Lasagna Bake Italian Blend Vegetables Garden Salad Applesauce</p>	<p>18</p> <p>Chicken Salad Croissant Harvest Vegetable Soup Pineapple Upside Down Cake</p>	<p>19</p> <p>Beef Stroganoff Over Noodles Cauliflower w/ Parsley Blueberry Muffin</p>	<p>20</p> <p>Chili Orange BBQ Chicken <u>OR</u> Tuna Salad Baked Beans Garden Salad Peaches</p>
<p>23</p> <p>Baked Ziti Parmesan Sausage Florentine Soup Grape Juice Banana</p>	<p>24</p> <p>Liver w/Onions <u>OR</u> Roasted Chicken Mashed Potatoes French-Cut Green Beans Tapioca Pudding w/ Mandarin Oranges</p>	<p>25</p> <p><i>BBQ Chicken Luncheon</i> Rotisserie Chicken Roasted Red Potatoes Garden Salad Strawberry Shortcake</p>	<p>26</p> <p>Roast Turkey Bread Dressing Italian Blend Vegetables Peach Cobbler</p>	<p>27</p> <p>Pepper Steak <u>OR</u> Breaded Fish Baked Potato Cottage Cheese Pineapple</p>
<p>30</p> <p>Closed In Observance of Memorial Day</p> 	<p>31</p> <p>Macaroni & Cheese Stewed Tomatoes Cut Green Beans Carnival Cookie</p>	<p>Stop by any morning to grab a cup of coffee, tea or refreshing glass of citrus-infused water and enjoy the music or socialize with a friend. Our talented musicians play each morning (times are approximate):</p> <p>Monday: 9:00AM – 12:00PM – guitar group Tuesday: 11:00AM – 12:30PM – Beverly on piano Wednesday: 9:00AM – 12:00PM – guitar group Thursday: 9:00AM – 12:00PM – guitar group Friday: 11:00AM – 12:30PM – Beverly on piano</p>		

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? Ask for the NCS option!

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.

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 DVD: 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 DVD: 12:30–1:30PM
(no fee)

Poetry Group & Writer's Workshop

These two classes continue via email. Call if interested in participating and we'll connect you with the group leader.

Membership

Annual membership is \$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!

Be Our Guest

Throughout May

Broome County Office for Aging is doing its "Be Our Guest" promotion in May.

Designed for those who are new to our center. Make a reservation for lunch (by noon the day before) and an appointment to take a tour of the center and receive three complimentary lunch coupons (one for the day of the tour and two more).

JCSC Ambassadors



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

On our new membership application, there's a spot 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!!!

Stay Healthy Caregiver Chat Group

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



Starting this month, the group resumes **in-person** meetings. The next meeting is Monday, 5/2 from **1:00 – 2:30PM**.

The June meeting is Monday, 6/6.

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, May 9, 1:00PM

The 50 Year Club is planning their August picnic.



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

Their June meeting is Monday, 6/13 at 1:00PM.

Our Library

Our library is back together and looks GREAT!

Thank you to Jack for coordinating the logistics and assembling the bookshelves.

Thank you to our Librarian, Judy Carlson, and her volunteers – Bonni Brennan, Jonamae Kane, Liz Bakenhus and Roger Hurlbut – for moving and re-shelving the books.

The LCD magnifier is available in the library for anyone that needs it.

Books and puzzles are available for a donation of your choosing.

Know Your Numbers

Wednesday, May 4, 10:00AM – 12:00PM

The Medicine Shoppe is here to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 6/1.**

Appointment not required.

Legal Aid

Thursday, May 19, 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 6/16.**

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

Haircuts

Wednesday, May 25, 10:00 – 11:30AM

Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 6/22.**

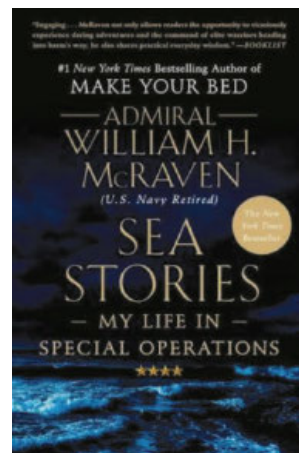
To make an appointment, see our receptionist or call 607-797-3145.

Book Club

Meets at the Senior Center every 6 weeks.

All are welcome!

**Wednesday
June 1
3:00 – 4:00PM**



**Wednesday
July 13
3:00 – 4:00PM**

Twin Tiers Honor Flight – Shoe Drive

Ongoing



The response has been amazing..... 165 pairs of shoes to date! This is an ongoing effort, so you can continue to drop off unwanted shoes at the center to benefit the Twin Tiers Honor Flight.

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 in our Dining Room. **For the month of 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 know a veteran that wants to participate in an Honor Flight.

Rummage

We do **not** accept rummage items any more.

We do accept books and puzzles in good condition.

Artwork for Sale

JCSC Member, Mary Kucharek, inherited a collection of oil paintings by Artist Dorothy Manning Sarto (1918–2010) that she is selling to benefit the Johnson City Senior Center.

Dorothy was a well-known artist in the Capital District. During her life, she placed in numerous juried art shows and sold over 1,000 paintings.

The paintings are landscape, still life and portrait renderings. They'll be displayed in the Dining Room in May. Stop by to see them.

Thank you to Mary for her generous offer!

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

Our classes are full since we had a lengthy waiting list. Thank you to Patty for getting the classes set up and filled up. We know these classes are important to you and are working to set up more.

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

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

Thursday, 7/7 & Friday, 7/8 (FULL)**

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

Tuesday, 9/6 & Thursday, 9/8 (FULL)**

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

DMV Drop Box

Save a stamp and time in line by using the DMV drop box at the center. There's also a bin for dropping off license plates.

Event Space

**Book your next event using one of our rooms.
Call us at 607-797-3145 for availability.**

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



Seminars for Spiritual Growth

Our Center offers Seminars for Spiritual Growth.

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

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.

In Memory



Mary Tchir

Johnson City & Vestal Art Exhibition

Saturday, June 11, 10:00AM – 5:00PM



The Johnson City Senior Center and Vestal Senior Center painters are organizing an Art Show for the benefit of the Ukrainian refugees. This exhibition is scheduled for Saturday, June 11, 2022 and will take place at the Johnson City Senior Center.

All the painters plan to offer personal paintings for sale. Refreshments will be available throughout the day. We hope that you will join us, view the art and perhaps purchase a painting in support of this important cause.



Bottle / Can Drive

Thank you for saving your bottles and cans for us.....

Those nickels really add up!

We'll continue to take them anytime.

Thank you!



Fundraiser – Save the Date

Wednesday, June 22

Doug's Fish Fry is back with their delicious fish. We'll also have a cookie sale (YUM!), lots of raffles and free books.

TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

Hopefully by the time you read this, Spring will really be here! The last snow storm turned out to be a big deal for a lot of us.

The response to our trips has been amazing! It looks like everyone is excited to be on the road again.

There's been a small change to the Lancaster & Amish Country trip. The *Dutch Apple Dinner Theatre's* Donna Summer Tribute is replaced by "**Great Balls of Fire, The Music of Jerry Lee Lewis**".

Lake George and Old Forge Railroad are both full; we're accepting names for a wait list.

Start planning your summer before it's too late!



Log Cabin LobsterFest & Dixieland Jazz
Thursday, July 21



Medieval Times Lunch Show
Tuesday, August 2



Alexandria Bay with St. Lawrence Scenic Cruise
Thursday, August 18

A member from the Trip Committee is at the Center from **10:00AM to 12:00PM** on Mondays (Lucy Baker), Tuesdays (Dorothy Blasko) and Wednesdays (Karen Derrick).

A Trip Newsletter dedicated to the 2022 trips is available at the center, on our website, or by email.

Hope to see you all at the Center soon.

The Trip Committee

Lucy Baker

Dorothy Blasko

Karen Derrick

Bill Hagopian

Debbie Isaak

Drenda Kudlac

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

BOARD OF DIRECTORS

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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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