

Johnson City Senior Center

Celebrating Seniors



June 2022



Pathways to engage, evolve, enrich and empower

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NY Project Hope

Monday, June 13, 11:00AM – 1:00PM

NY Project Hope

Coping with COVID



We're finally seeing faces, making plans, going places. But if things don't feel quite right to you yet, NY Project Hope is available to help.

NY Project Hope is a FEMA-funded program designed to educate, support and conduct referrals for people who have struggled mentally and/or emotionally since the start of the pandemic.

They'll be at the center to answer questions about their services and talk one-on-one. Talking to them is **free, confidential and anonymous**. No appointment needed.

Broome County Office for Aging On the Way!

Wednesday, June 22, 11:00AM – 1:00PM



Sometimes it's hard to get to the Office for Aging, so they're coming to us!

An Office for Aging Caseworker will be available to answer your questions and help you with available programs and services.

See the receptionist to book a one-on-one appointment.

Closed – Monday, July 4



Doug's Fish Fry To-Go AND MORE!

Wednesday, June 22

11:00 AM – 6:00 PM

JCSC Parking Lot



Doug's Fish Fry will be in our parking lot selling their delicious fish and fries **to-go** to benefit our Senior Center.

You can call-in your order the day of the event until 4:00PM by calling 607-753-9184, ext. 2. You can also order when you arrive.



Table of
Free
BOOKS

COOKIE
SALE



Bottle / Can Drive


Ongoing

Save your empties and bring them to the center!



LUNCH MENU

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Dining Room entertainment: M: 9:00AM – 12:00PM – guitar group T: 11:00AM – 12:30PM – Beverly on piano W: 9:00AM – 12:00PM – guitar group Th: 9:00AM – 12:00PM – guitar group F: 11:00AM – 12:30PM – Beverly on piano		6/1 Pub Burger OR Battered Fish Baked Beans Red Potato Salad Ice Cream Cup	2 Rosemary Chicken Brown Rice Pilaf Winter Squash Apple Crisp	3 Salisbury Steak OR Broiled Fish Cheesy Mashed Potatoes Mixed Vegetables Mandarin Oranges
6 Beef Burgundy Over Noodles Baby Carrots Applesauce	7 Turkey & Provolone on Marble Rye Sausage Florentine Soup Lemon Delight Cookie	8 Baked Ham OR Broiled Fish Scalloped Potatoes Spinach Cinnamon Apple Slices	9 Liver w/Onions OR Lemon Basil Chicken Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	10 Beef Stroganoff OR Citrus-Rubbed Pollack Buttered Noodles Sliced Carrots Bread Pudding w/ Raisins
13 Chicken Parmesan Minestrone Soup Applesauce Ice Cream Cup	14 Halupki OR Roasted Chicken Thigh Mashed Potatoes French-Cut Green Beans Pears	15 Roast Turkey Apple Bread Dressing Peas Pineapple Upside Down Cake	16 Breaded Fish OR Egg Salad Sandwich Harvest Vegetable Soup Chocolate Chip Cookie	17 <i>Father's Day Luncheon</i> Pub-Style Battered Fish OR Sausage w/Peppers & Onions Bab Red Potatoes Garden Salad Chocolate Cream Pie Happy Father's Day
20 Macaroni & Cheese Stewed Tomatoes Cauliflower w/ Parsley Carnival Cookie	21 Chicken Salad Croissant Cream of Broccoli Soup Cold Beet Salad Strawberry Shortcake	22 Rotisserie Chicken Baked Potato Coleslaw Mandarin Oranges	23 Pierogies w/ Kielbasa Winter Squash Garden Salad Chocolate Brownie	24 Chicken Marsala OR Herbed Pollack Mashed Potatoes Peas & Carrots Orange Cranberry Bar
27 Meatball Sub Vegetable Soup Three Bean Salad Double Chocolate Cookie	28 Western Frittata O'Brien Potatoes Grape Juice Pineapple	29 Roast Turkey Mashed Potatoes Green Bean Casserole Pumpkin Cake	30 Grandma's Meatloaf Baked Potato Carrots Tapioca Pudding w/ Mandarin Oranges	7/1 <i>4th of July Party!</i> Pub-Style Fish OR Pub Burger Baked Beans Garden Salad Éclair 

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.

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**.

NOTE: 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.

Nutrition Education

Wednesday, June 15, 12:15 – 12:45PM

Reducing Sugar-Sweetened Foods & Beverages



Kathleen Cook, from Cornell Cooperative Extension Broome County, visits to discuss the sugar pandemic!

There's sufficient scientific evidence that decreasing sugar-sweetened beverages and foods will reduce the prevalence of obesity and obesity-related diseases, like type 2 diabetes, heart disease and other chronic diseases.

Breaking up with sugar isn't easy but it's worth it!

Registration not required.

Upcoming Nutrition Classes:

July class: Wednesday, 7/27, at 12:15PM.

Topic: Fruits & Vegetables

- How to store and freeze fruits & vegetables
- Ways to prepare and eat more fruits & vegetables & get them into your diet regularly

August class: Wednesday, 8/24, at 12:15PM.

Topic: The Power of Planning

How to have low-cost healthy foods available in your home to readily make quick, simple nutritious meals!



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
Zumba for Seniors: 10:30–11:30AM (\$3) **(NEW)**
Table Shuffleboard: 12:30–3:00PM (\$1)
Chair Exercises – Stretch DVD: 12:30–1:30PM
(no fee)
Drawing Class: 1:00–2:00PM (\$3) **(NEW)**

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)

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!

TWO New Classes

We're excited to announce two new offerings!

Zumba for Seniors or **Zumba Gold** is "rezuming" with Winnie. It's Tuesdays, 10:30–11:30AM. The instructor fee is \$3.

Kathryn Niles, our oil painting instructor, is offering a **Drawing Class** Tuesdays from 1:00–2:00PM for anyone interested. All levels are welcome. Please bring a pencil; all other materials will be provided. The instructor fee is \$3.

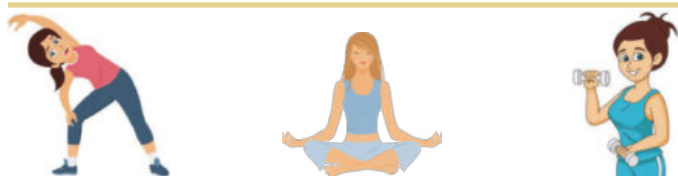
Poetry Group & Writer's Workshop

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

Thank You

Thank You

Thank you to all of our **incredible instructors** for sharing your time and talent at our center! You make the Johnson City Senior Center a special place and we appreciate all that you do!



Stay Healthy Caregiver Chat Group

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



Now meeting **in-person** at the center. The next meeting is Monday, 6/6 from **1:00 – 2:30PM.**

The July meeting is Monday, 7/11.

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, June 13, 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 July meeting is Monday, 7/11 at 1:00PM.

JCSC Ambassadors



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

On our 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!!!

Know Your Numbers

Wednesday, June 1, 10:00AM – 12:00PM

The Medicine Shoppe is here to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 7/6.**

Appointment not required.

Legal Aid

Thursday, June 16, 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 7/21.**

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

Haircuts

Wednesday, June 22, 10:00 – 11:30AM

Dry haircuts for men and women by Debbie Roberts. \$15.00 each. Offered monthly. **Next visit 7/27.**

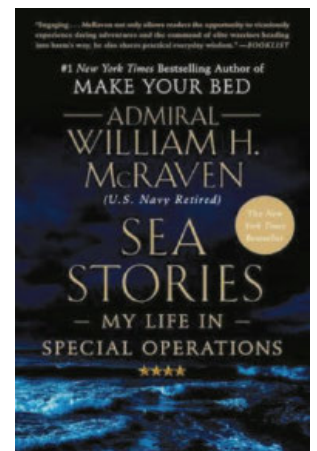
To make an appointment, see our receptionist or call 607-797-3145.

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



An astounding **474 pairs of shoes** have been given to Twin Tiers Honor Flight to date!

This is an **ongoing effort**, so you can continue to drop off unwanted shoes at the center to benefit their organization.

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.

There's also info at the center 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 on the shuffleboard tables in the Dining Room..... 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.** Your best way to get into a future class at the center is by adding your name to our waiting list.

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

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

Thursday, 7/28 & Friday, 7/29 (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.

Southern Tier Independence Center

If you're 65 or older, certified blind or disabled and need help applying for health insurance, STIC can help! They offer free assistance to enroll in Medicaid and the Medicare Savings Program (MSP).

Contact STIC at 607-724-2111 for more info.

Seminars for Spiritual Growth

Our center offers Seminars for Spiritual Growth.

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

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



William (Bill) Raymond Coughlin, Jr.
Rudolph (Rudy) Roman

Save the Date – JCSC Senior Picnic

Wednesday, July 13, 9:00AM – 3:00PM

Join us for a fun and entertaining day..... more details to follow next month.

Reservations for lunch will be required by Tuesday, 7/12 at noon.

Thank You



Thank you to all of our **amazing volunteers!** We appreciate all of you and your tremendous support of our center. You're at the center regularly and you're the first ones to raise your hand to help whenever needed..... ***thank you!***

Event Space

Book your next event using one of our rooms.

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

Call us at 607-797-3145 for availability.



TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

June is finally here and with it brings summer travel. With gas prices what they are, why not join one of our groups and not have the worry and hassle of driving?

Our first trip to Villa Roma was a huge success..... a gorgeous day and delicious lunch, followed by the Elvis and Connie Francis tribute. Both performers were entertaining and brought back so many teenage memories! Everyone was so happy to see old friends they haven't seen since what seemed like forever ago and meet new ones.

Don't let June pass you by without signing up for these trips. They're filling up quickly!



Log Cabin LobsterFest & Dixieland Jazz
Thursday, July 21



New York State Fair
Monday, August 29



Penn's Peak – Frankie Valli Tribute
Tuesday, September 20

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.

We hope to see you 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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SENIOR CENTER**

Address:

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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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