

Johnson City Senior Center

Celebrating Seniors



July 2022




Pathways to engage, evolve, enrich and empower

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Closed – Monday, July 4



Hearing Screening

Monday, July 11, 9:00 – 11:00AM



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

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

Farmer's Market Coupons

Thursday, July 21, 9:30 – 11:00AM



Farmer's Market Coupons are vouchers that can be exchanged for produce at local farmers markets. This program assists individuals who meet age and income guidelines in buying fresh produce. Eligible individuals can receive one booklet per year.

Eligibility requirements:

- 1) Provide proof of age (must be age 60 or older)
- 2) Be a Broome County resident
- 3) Have a Broome County Office for Aging ID Card with you **or** fill out an ID application onsite

AND meet the following income guidelines (proof of income not required):

\$2,096/month (for a one-person household); or
\$2,823/month (for a two-person household); or
\$3,551/month (for a three-person household).

See page 9 for full list of distribution dates and locations

JCSC Senior Picnic

Wednesday, July 15, 9:00 AM – 3:00 PM

9:00AM – 3:00PM

Vendor Tables

- Action for Older Persons
- Broome County Health Department
 - COVID Boosters Available
- Broome County Office for Aging
 - Information & Assistance
 - Yesteryears Social Adult Day Program
 - Foster Grandparent Program
- Broome County Sheriff
 - Medication Drop Box
- Family Violence Prevention Council
- Get There
- Humana
- Southern Tier Independence Center

11:00 – 11:30AM

Yo-Yo Demonstration by Chuck Pribulick,
1999 Pro Yo-Yo World Champion

11:45AM

Lunch – Reservation Required

- Menu: Pub Burger **or** Hot Dog, Baked Beans, Macaroni Salad, Watermelon and Cookie
- Suggested Contribution: \$4.50
- Note: Please Reserve Early Since We Expect a Large Number and May Need to Limit Reservations

1:00PM

Southerntiersmen Barbershop Chorus

LUNCH MENU

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><u>Dining Room Entertainment:</u></p> <p>Monday: 9:00AM – 12:00PM – guitar group Tuesday: 9:00AM – 12:00PM – guitar group Wednesday: 9:00AM – 12:00PM – guitar group Thursday: 9:00AM – 12:00PM – guitar group Friday: 10:00AM – 12:30PM – Debbie & Beverly on piano</p> <p align="center"><i>Thank you to all our musicians for making our days brighter with their music</i></p>				<p align="center">1</p> <p><i>4th of July Party!</i> Pub-Style Fish <u>OR</u> Pub Burger Baked Beans Garden Salad Éclair</p>
<p align="center">4</p> <p><i>Closed in Observance of Independence Day!</i></p> 	<p align="center">5</p> <p>Macaroni & Cheese Stewed Tomatoes Spinach Fruit Cup</p>	<p align="center">6</p> <p>Baked Ham <u>OR</u> Herbed Pollack Seasoned Diced Potatoes Cut Green Beans Applesauce</p>	<p align="center">7</p> <p>Beef Stroganoff Over Noodles Cauliflower w/ Parsley Blueberry Muffin</p>	<p align="center">8</p> <p>Rotisserie Chicken <u>OR</u> Breaded Fish Baked Potato Cottage Cheese Pineapple</p>
<p align="center">11</p> <p>Pierogies w/ Kielbasa California Blend Vegetables Chocolate Chip Cookie</p>	<p align="center">12</p> <p>Cheesy Lasagna Bake Italian Green Beans Garden Salad Fresh Watermelon</p>	<p align="center">\$4.50 13</p> <p><i>JCSC Senior Picnic</i> Pub Burger <u>OR</u> Hot Dog Baked Beans Macaroni Salad Watermelon Cookie</p>	<p align="center">14</p> <p>Roast Turkey Bread Dressing Italian Blend Vegetables Peaches</p>	<p align="center">15</p> <p>Chili Orange BBQ Chicken <u>OR</u> Tuna Salad Baked Beans Tomato Cucumber Salad Pears</p>
<p align="center">18</p> <p>Baked Ziti Parmesan Sausage Florentine Soup Grape Juice Banana</p>	<p align="center">19</p> <p>Liver w/Onions <u>OR</u> Roasted Chicken Mashed Potatoes French-Cut Green Beans Tapioca Pudding w/ Mandarin Oranges</p>	<p align="center">20</p> <p>Chicken Florentine <u>OR</u> Grandma's Meatloaf Brown Rice Pilaf Winter Squash Strawberry Shortcake</p>	<p align="center">21</p> <p>Turkey & Provolone on Marble Rye Three Bean Salad Applesauce</p>	<p align="center">22</p> <p>Chicken Marsala <u>OR</u> Citrus-Rubbed Pollack Buttered Noodles California Blend Vegetables Pineapple</p>
<p align="center">25</p> <p>Beef Burgundy Over Noodles Carrots Carnival Cookie</p>	<p align="center">26</p> <p>Meatball Sub Minestrone Soup Garden Salad Mandarin Oranges</p>	<p align="center">27</p> <p>Roast Turkey <u>OR</u> Halupki Mashed Potatoes Cut Green Beans Ice Cream Cup</p>	<p align="center">28</p> <p>Rosemary Chicken Seasoned Diced Potatoes Winter Squash Chocolate Brownie</p>	<p align="center">29</p> <p>Sloppy Joe <u>OR</u> Pub-Style Fish Three Bean Salad Grape Juice Orange Cranberry Bar</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
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.

Table Shuffleboard

The table shuffleboard group is looking for more players.

Stop by any Tuesday at 12:30PM and join the fun!



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, 7/11 from **1:00 – 2:30PM.**

The August meeting is Monday, 8/1.

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, July 11, 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 August meeting is Monday, 8/8 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, July 6, 10:00AM – 12:00PM

The Medicine Shoppe is here to check your blood pressure, glucose reading and oxygen level. Offered monthly. **Next visit 8/3.**

Appointment not required.

Legal Aid

Thursday, July 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 8/18.**

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

Haircuts

Wednesday, July 27, 10:00 – 11:30AM

Dry haircuts for men and women by Debbie Roberts. \$20.00 each. Offered monthly. **Next visit 8/24.**

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
August 24
3:00 – 4:00PM**

**Wednesday
July 13
3:00 – 4:00PM**



Thank You to Gault Auto



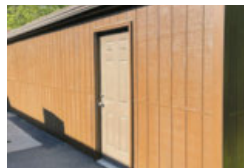
Thank you to Gault Auto for their \$2,000 donation to the Johnson City Senior Center during their “Gault Auto Gives Back High Speed Edition”.

Gault Auto made 25 stops throughout Broome County to donate a total of \$52,000 to fifty-one non-profit organizations and we were honored to be one of their stops.

We'll use the donation to get the JCSC barbecue pit working again with new stainless steel grates.

Thank You

Thank you to the United Way of Broome County and Wegmans Johnson City for all they did at the center on the recent Day of Action. They weeded and mulched across the front of the building; and painted the picnic tables and shed. What a difference!



Speaking of gardening, we also want to thank our receptionist, Patty, and her brother Rick Balles, for weeding, mulching and adding flowers to the three landscape beds along Brocton Street. They look beautiful!

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

We know these classes are important to you and are working to set up more. If the class with openings doesn't work for you, please call and add your name to our waiting list so we can call you when our next class opens up.

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

Thursday, 9/22 & Friday, 9/23 (openings)**

** 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.

Twin Tiers Honor Flight – Shoe Drive

You can continue to drop off unwanted shoes at the center to benefit the Twin Tiers Honor Flight.

Bottle / Can Drive

We'll gladly take your bottles and cans anytime!

Seminars for Spiritual Growth

Our center offers Seminars for Spiritual Growth.

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

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.

Farmer's Market Coupons – Continued

Full list of distribution dates & locations:

- 7/19** Broome West Senior Center, 9–10:30AM
- 7/20** First Ward Senior Center, 9–10:30AM
- 7/21** Johnson City Senior Center, 9:30–11AM
- 7/22** North Shore Towers, 10:30–11:30AM
- 8/3** Vestal Senior Center, 9–10AM
- 8/9** Northern Broome Senior Center, 9–10AM
- 8/11** Eastern Broome Senior Center, 12–1PM
- 8/13** Broome County Regional Farmers Market, 9AM-1PM

For questions, call the Broome County Office for Aging at 607-778-2411.

2022 Concerts at Highland Park

The Endwell League of Community Action (ELOCA) sponsors some great concerts at Highland Park in Endwell. Concerts start at **7:00PM** on these dates:

Tuesday, July 5	Rich Wilson
Tuesday, July 12	Rick Pedro & Jeff Lake
Tuesday, July 19	Katie Scott & Persuasion
Tuesday, July 26	Nino & Mark
Tuesday, August 2	Southerntiersmen Chorus
Tuesday, August 9	Ain't Misbehavin'
Tuesday, August 16	Alex & Freddy Mendoza
Tuesday, August 23	Brothers and Friends

Johnson City Carousel Day 2022

Saturday, July 23, 11:00AM – 4:00PM
CFJ Park in Johnson City

The Johnson City Rotary Club is bringing back the JC Carousel Day this year. It's a free event with family-friendly fun: DJ, magician, juggler, cartoonist and NY Infantry Civil War re-enactors.

Pinkies BBQ and *Here's the Twist Ice Cream* will be at the park as food vendors.

Other vendors include: UHS, Mom's House, Broome County Office for Aging, Johnson City Senior Center (come say hello!), STIC, and more.

Also that day, Confluence Running is hosting the Carousel 5K at 10:00AM (fee required).

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

July 4th is right around the corner so summer will be in full swing! Our summer trips are nearly full and the trips that already went have been a huge success. Thank you to everyone who joined us. Your support is greatly appreciated and we always enjoy your company. We've met so many newcomers on our trips who tell us how friendly we are and how much they enjoy our trips – it means so much to us!

With gas prices increasing daily, why not travel with us? Leave your car at the center and let Hale Transportation do the driving. These trips still have seats available. They seem a long way off but will fill up quickly:

New York State Fair – August 29: Join us for the legendary State Fair. Seniors over the age of 65 are free. If you'd like to bring your kids or grandkids, purchase their ticket ahead of time.



Penn's Peak Frankie Valli Tribute – September 20: Enjoy some of Frankie Valli's best hits: Sherry, Walk Like A Man, My Eyes Adored You, Let's Hang On, December '63, and many, many more!

Penn's Peak Patsy Cline Tribute – October 5: This tribute concert takes the audience back in time when this amazing country singer graced the stages of America.



Silver Birches – Oktoberfest – October 26: Enjoy the brilliant fall colors and crisp fall air on the shores of Lake Wallenpaupack. Strudel-making demonstration, make your own pretzel, lunch, music and dancing with the *Joe Lastovica Band*.

Log Cabin – Veterans' Tribute & Holiday Show – November 10: A delicious luncheon and matinee show sure to get you in a patriotic mood and holiday spirit!



Onondaga Lake Holiday Lights – December 7: We'll stop at the Destiny Mall to shop or browse followed by dinner at the Spaghetti Factory and then a two-mile long drive-thru light show on the lake.

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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**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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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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Johnson City Senior Center
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