

# Johnson City Senior Center

## *Celebrating Seniors*



September 2022

Hello  
September



Pathways to engage, learn and play!

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## Pinkies BBQ To-Go & MORE!

Wednesday, September 14, 2:00 – 6:00PM



On Wednesday, September 14, Pinkies BBQ food truck will be in the Johnson City Senior Center parking lot from 2:00 to 6:00PM.

Dinners will be guaranteed for those who **pre-order**. This is primarily a PRE-ORDER EVENT.

Dinner options (both served with Salt Potatoes and Baked Beans):

**1/2 Chicken with Cornbread**

*OR*

**Pulled Pork on a Roll**

Dinners can be pre-ordered at the Johnson City Senior Center and paid by cash or check for \$14 per dinner.

Dinners pre-ordered online are charged \$14.75. You have the option to pay with a credit card or bank account online. Go to our website – [www.johnsoncityseniorcenter.org](http://www.johnsoncityseniorcenter.org) – for the link.

Only a **limited number** will be available for sale on September 14 and the cost will be \$15.00 per dinner for those that did not pre-order.

The best way to guarantee you get a dinner of your choice is to pre-order.

The last day to pre-order is Friday, September 9 at noon.

On Wednesday, September 14, we'll also be doing RAFFLES, a COOKIE SALE, a BOTTLE/CAN DRIVE, and a FREE book and puzzle table.

Benefits the Johnson City Senior Center. THANK YOU for your support!




**COOKIE  
SALE**



**Table of  
FREE  
Books  
&  
Puzzles**

# LUNCH MENU

# SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b><u>Dining Room Entertainment:</u></b></p> <p><b>Monday:</b> 9:00AM – 12:00PM – guitar group  <b>Tuesday:</b> 9:00AM – 12:00PM – guitar group  <b>Wednesday:</b> 9:00AM – 12:00PM – guitar group  <b>Thursday:</b> 9:00AM – 12:00PM – guitar group  <b>Friday:</b> 10:00AM – 12:30PM – Debbie &amp; 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><b>Baked Ham <u>OR</u> Herbed Pollack</b>                      Scalloped Potatoes                      Cut Green Beans                      Applesauce</p>	<p align="center">2</p> <p><b>Salisbury Steak <u>OR</u> Breaded Fish</b>                      Baked Potato                      Cottage Cheese                      Pineapple</p>
<p align="center">5</p> <p><b>Closed in Observance of Labor Day</b></p> 	<p align="center">6</p> <p><b>Pierogies w/ Kielbasa</b>                      California Blend Vegetables                      Chocolate Chip Cookie</p>	<p align="center">7</p> <p><b>Chicken Salad Croissant</b>                      Harvest Vegetable Soup                      Pineapple Upside Down Cake</p>	<p align="center">8</p> <p><b>Roast Turkey</b>                      Bread Dressing                      Italian Blend Vegetables                      Peaches</p>	<p align="center">9</p> <p><b>Chili Orange BBQ Chicken <u>OR</u> Tuna Salad</b>                      Baked Beans                      Tomato Cucumber Salad                      Pears</p>
<p align="center">12</p> <p><b>Baked Ziti Parmesan</b>                      Sausage Florentine Soup                      Grape Juice                      Banana</p>	<p align="center">13</p> <p><b>Liver w/Onions <u>OR</u> Grandma's Meatloaf</b>                      Mashed Potatoes                      French Cut Green Beans                      Tapioca Pudding w/ Mandarin Oranges</p>	<p align="center">14</p> <p><b>Chicken Florentine</b>                      Brown Rice Pilaf                      Winter Squash                      Strawberry Shortcake</p>	<p align="center">15</p> <p><b>Ham &amp; Swiss Cheese on Rye Bread</b>                      Potato Salad                      Fresh Melon</p>	<p align="center">16</p> <p><b>Chicken Marsala <u>OR</u> Citrus-Rubbed Pollack</b>                      Buttered Noodles                      California Blend Vegetables                      Pineapple</p>
<p align="center">19</p> <p><b>Beef Burgundy Over Noodles</b>                      Carrots                      Carnival Cookie</p>	<p align="center">20</p> <p><b>Meatball Sub</b>                      Minestrone Soup                      Garden Salad                      Mandarin Oranges</p>	<p align="center">21</p> <p><b>Rosemary Chicken</b>                      Seasoned Diced Potatoes                      Winter Squash                      Chocolate Brownie</p>	<p align="center">22</p> <p><b>Roast Turkey <u>OR</u> Halupki</b>                      Mashed Potatoes                      Cut Green Beans                      Ice Cream Cup</p>	<p align="center">23</p> <p><b>Sloppy Joe <u>OR</u> Pub-Style Fish</b>                      Potato Salad                      Apple Juice                      Orange Cranberry Bar</p>
<p align="center">26</p> <p><b>Macaroni &amp; Cheese</b>                      Stewed Tomatoes                      Spinach                      Fruit Cup</p>	<p align="center">27</p> <p><b>Basil Parmesan Chicken</b>                      Sausage Florentine Soup                      Cottage Cheese                      Oatmeal Cookie</p>	<p align="center">28</p> <p><b>Liver w/Onions <u>OR</u> Lemon Basil Chicken</b>                      Mashed Potatoes w/Gravy                      Italian Blend Vegetables                      Peaches</p>	<p align="center">29</p> <p><b>Baked Ham <u>OR</u> Pub-Style Fish</b>                      Scalloped Potatoes                      Peas                      Apple Crisp</p>	<p align="center">30</p> <p><b>Teriyaki Chicken <u>OR</u> Citrus-Rubbed Pollack</b>                      Seasoned Brown Rice                      Oriental Blend Vegetables                      Mandarin Oranges</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.

# 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, September 28, 12:15 – 12:45PM

Ways to Stay (Or Become) Physically Active



Kathleen Cook, from Cornell Cooperative Extension Broome County, visits with healthy tips on how to have low-cost healthy foods available in your home to readily make quick, simple nutritious meals. Something we can all benefit from!

Registration **not** required.

**Next class:** Wednesday, 10/26, at 12:15PM.

**Topic:** Whole Grain Hacks

## Chop & Chat



Tuesday, September 13, 11:00AM – 12:00PM

Sign-up by Wednesday, September 7

**Fresh Corn & Tomato Fettuccine**

Tuesday, September 27, 11:00AM – 12:00PM

Sign-up by Wednesday, September 21

**Mediterranean Quinoa Salad with Roasted Summer Veggies**

Call us at 607-797-3145 to  
sign-up or see the receptionist.

## 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) (paused)
- 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)
- Table Shuffleboard: 12:30–3:00PM (\$1)
- Chair Exercises – Stretch DVD: 12:30–1:30PM (no fee)
- Drawing Class: 1:00–2:00PM (\$3)

### WEDNESDAY

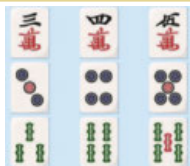
- Guitar Group: 9:00AM–12:00PM
- Quilting: 9:00AM–12:00PM (no fee)
- Bridge: 10:30AM–2:30PM (no fee)
- Penny Bingo for Fun: 12:30–3:00PM
- Progressive Pinochle: 12:30–3:00PM
- Mahjong: 1:00PM (no fee)
- Bonesavers: 1:00–2:00PM (no fee)

### 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) (resuming 9/8)

### 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!

## Poetry Group



The Poetry Group is meeting at the center every other Friday, 12:30 – 2:00PM.

September dates: 9/9 and 9/23.  
October dates: 10/7 and 10/21.

## Lourdes Mammography Van

Thursday, September 22

9:00AM – 3:00PM in the JCSC Parking Lot



Call Lourdes Registration at 607-798-5723 in advance to pre-register.

## Stay Healthy Caregiver Chat Group

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



This group meets **in-person** at the center. The next meeting is Monday, 9/12 from **1:00 – 2:30PM.**

The October meeting is Monday, 10/3.

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

## Coming in October

### **Krispy Kreme Doughnuts**

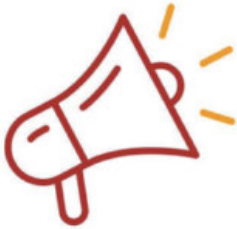
Original Glazed (\$10 / dozen)  
Glazed Raspberry-Filled (\$9 / half dozen)  
Chocolate-Iced Glazed (\$9 / half dozen)  
Order by 10/13. Pickup 10/19 or 10/20

### **Free Hearing Screenings by Tri-City Hearing**

Monday, October 17, 9:00AM – 12:00PM  
See receptionist or call us for an appointment.

## JCSC Ambassadors

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



***If you want us to send a complimentary newsletter to a friend (so they can see all that's going on at the center), let us know!***

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!

## Know Your Numbers

**Wednesday, September 7, 10:00AM – 12:00PM**

The Medicine Shoppe visits to check your blood pressure, glucose and oxygen level. Offered monthly. **Next visit 10/5.**

**Appointment not required.**

## Legal Aid

**Thursday, September 15, 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 10/20.**

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

## Haircuts

**Wednesday, September 28, 10:00 – 11:30AM**

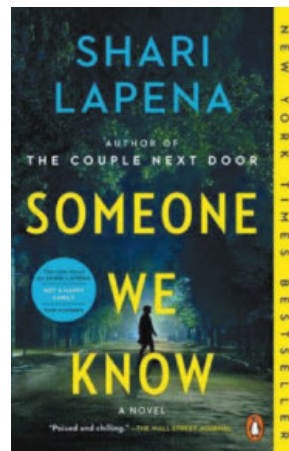
Dry haircuts for men and women by Debbie Roberts. \$20.00 each. Offered monthly. **Next visit 10/26.**

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

## Book Club

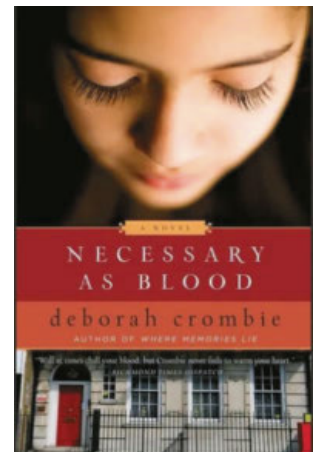
Meets at the Senior Center every 6 weeks.

**All are welcome!**



**Wednesday  
November 16  
3:00 – 4:00PM**

**Wednesday  
October 5  
3:00 – 4:00PM**



## Closed

**Monday, September 5**



## Brooks BBQ Fundraiser for OFA

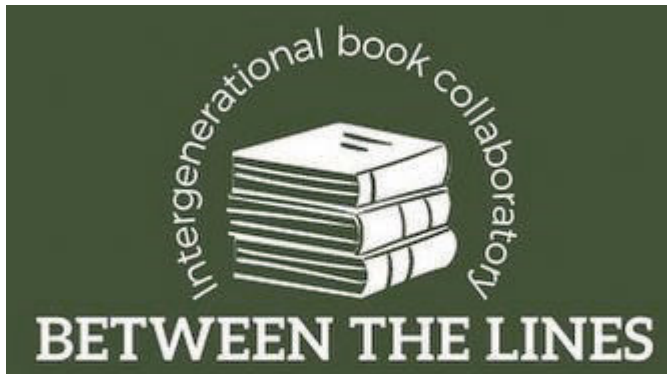
**Friday, September 16, 3:00PM – Sold Out**  
Front Parking Lot at Lowe's Home Improvement  
1318 Upper Front Street, Binghamton

Dinner includes 1/2 chicken, baked potato, coleslaw and dinner roll. \$12/dinner (cash only).

This event benefits all the Broome County Senior Centers!

## Intergenerational Book Club

**Saturday, September 17, 10:00 – 11:30AM**



Join the conversation as local high school students and area seniors discuss the kickoff of an intergenerational Book Club. Vestal High School student, Ellie Friedman, discusses her vision and the first book selected: *The Feminine Mystique* by Betty Friedan. You don't need to read the book for this kick-off meeting.

Light refreshments. Registration not required.

## Action for Older Persons

**Wednesday, September 21, 11:30AM**



AOP returns with timely info on Medicare's upcoming open enrollment period (October 15 to December 7) when Medicare beneficiaries can change their health care selection.

Plans can change and it's important to review your Medicare Advantage, Supplement and/or Prescription Drug Plan during open enrollment.

Registration not required.

## Flu Shot Clinics



**Thursday, September 22, 11:00AM – 1:00PM**  
Wegmans

**Wednesday, October 5, 10:00 – 11:30AM**  
OFA & Lourdes Medical Mobile Unit

Bring your insurance card.  
Registration not required.

## Senior Safety: Inside/Outside Your Home

**Wednesday, September 28, 10:30 – 11:30AM**  
Union Volunteer Emergency Squad

- Fall-proof your home
- Resources for home repairs
- Basic medical information
- Prescription drug use and driving

## Car Fit Event

**Wednesday, September 28, 11:30AM – 1:30PM**  
Broome County Traffic Safety

- Teaches participants how to make their own vehicle "fit" them to increase safety + mobility
- Meet one-on-one with a Car Fit technician
- 12-point checklist to discover your perfect fit

**Registration encouraged: call 607-778-2807.**



## Virtual Lyceum Sessions at JCSC

**Wednesday, September 14, 10:00AM – 12:00PM**

Susquehanna River Road Trip 3:  
Exploring the Lower North Branch

**Wednesday, September 21, 10:00AM – 12:00PM**

Heart of the Sahara

**Wednesday, September 28, 10:00AM – 12:00PM**

Traipsing Around Lisbon, Portugal

**Wednesday, October 5, 10:00AM – 12:00PM**

Hiking Along the Migrant Trails in Southern Arizona

Plus more classes in October / November. These will be virtual classes offered for free at the center. Registration not required. Walk-ins welcome.

Lyceum is affiliated with Binghamton University and National Road Scholar. These Lyceum classes are sponsored by Broome County Office for Aging.

To learn more about Lyceum, visit the Lyceum website at <https://lyceum.binghamton.edu>

## Meditation

Register with the receptionist or by calling us at 607-797-3145. Fee is \$3.00, payable to the instructor. Space is limited.

Reverend Hilda's vocational resume is available at the receptionist's desk.

### Group Meditation:

From **10:00 to 11:00AM on Thursdays**. New students welcome.

### Private Counseling (by appointment):

From **2:00 to 3:00PM on Thursdays**.

## Boscov's 25% Off Shopping Passes



Available for \$5.00 at the center. The shopping passes can be used on Wednesday, October 19 for 25% off while shopping at Boscov's.

## 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

If a 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.

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

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

**Thursday, 9/22 & Friday, 9/23\*\* (FULL)**

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

**Thursday, 10/20 & Friday, 10/21\*\* (FULL)**

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

**Thursday, 11/3 & Friday, 11/4\*\* (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

Drop off unwanted shoes at the center to benefit the Twin Tiers Honor Flight. To date, we've sent **741 pairs of shoes** to the organization! Let's see if we can get to 1,000 by the end of the year!

## Bottle / Can Drive

We'll gladly take your bottles and cans anytime!

# TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

Can you believe it's September already? What happened to Summer?

We had a busy August! We went south to New Jersey and were transported back to Medieval Times to cheer on our favorite knight. Then we went north to Thousand Islands for a beautiful day on the St. Lawrence River. We visited Boldt Castle to discover what was once a castle in ruin is now being brought back to what it was intended – a tribute of love from Mr. Boldt to his wife.

We're looking forward to our fall trips..... seats are available for the trips below. We canceled the fall Log Cabin Veterans' Tribute / Holiday Show since there wasn't enough interest. Maybe another year?

Our Nashville overnight trip is full but we're taking names for the wait list.

**Invite a friend to join you – you don't have to be a member to enjoy our trips.**

**PLEASE, when signing up for a trip, be sure to include phone numbers (home and cell) for yourself and anyone joining you on the trip.** This allows us to contact you with questions and departure info. We don't want to leave anyone out of the loop.

A member from the Trip Committee is still at the center from **10:00AM to 12:00PM** on Mondays (Lucy Baker), Tuesdays (Dorothy Blasko) and Wednesdays (Karen Derrick). Eleanor Speanburgh is moving out of the area..... thank you, Eleanor, for your dedication to the Trip Committee AND the center!

## The Trip Committee

*Lucy Baker*  
*Dorothy Blasko*

*Karen Derrick*  
*Bill Hagopian*

*Debbie Isaak*  
*Drenda Kudlac*

*Doreen Pritsos*

## Penn's Peak – Patsy Cline Tribute – Wednesday, October 5

Enjoy lunch and the show including some of Patsy Cline's best songs: Crazy, Walkin' After Midnight, I Fall to Pieces, She's Got You, San Antonio Rose, Blue Moon of Kentucky, Sweet Dreams, and many more.

**Price:** \$132 Member | \$142 Non-Member

**Final day to sign-up and pay:** Wednesday, September 7



## Silver Birches – Octoberfest – Wednesday, 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*.

**Price:** \$115 Member | \$125 Non-Member

**Final day to sign-up and pay:** Wednesday, September 21

## Onondaga Lake Holiday Lights – Wednesday, December 7

We'll stop at the Destiny Mall to shop / browse then enjoy dinner at the Spaghetti Factory. Finish with our drive around the lake for a two-mile holiday light show.

**Price:** \$124 Member | \$134 Non-Member

**Final day to sign-up and pay:** Wednesday, November 2





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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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kim@johnsoncityseniorcenter.org

**ASSISTANT DIRECTOR**

Jack Williams  
jack@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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