

Johnson City Senior Center

Celebrating Seniors



October 2022



**HELLO
OCTOBER**




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Flu Shot Clinic

Wednesday, October 5, 10:00 – 11:30AM

Office for Aging & Lourdes Medical Mobile Unit



Bring your insurance card.
Appointment not required.

Krispy Kreme Doughnuts

Order by Friday, October 14 at noon



Original Glazed
\$10 / dozen



Glazed Raspberry-Filled
\$9 / half dozen



Chocolate-Iced Glazed
\$9 / half dozen

Order and pay at the center or order online with a credit card (\$0.50 convenience fee applies).

Pickup: Wednesday, 10/19, 1:00 – 3:00PM
Thursday, 10/20, 12:00 – 2:00PM

Thank you for your support!

Free Hearing Screening

Monday, October 17, 9:00AM – 12:00PM



Amanda VanFossen returns from Tri-City Hearing to conduct free hearing screenings.

To book a 15-minute appointment, see the receptionist or call the center at 607-797-3145.

Boscov's 25% Off Shopping Passes

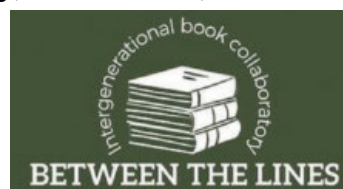


Available for \$5.00 at the center.

Shopping passes can be used on **Wednesday, October 19** for 25% off at Boscov's.

Intergenerational Book Collaboratory

Saturday, October 22, 10:00 – 11:30AM



Join us for thought-provoking questions and respectful intergenerational conversation. For our next meeting, we'll discuss *The Feminine Mystique* by Betty Friedan (read up to chapter 8). Guest speaker will join us via Zoom.

Light refreshments. Registration not required.

Meeting on rest of book: Saturday, November 12.

Cell Phone Assistance

Friday, October 28, 1:00 – 2:00PM



Binghamton University students will be available to help answer your cell phone questions.

Appointment not required.

Fall Art Workshop

Monday, November 14, 12:30 – 1:30PM

By the Memory Maker Project

Create artwork inspired by the change of season while exploring the textures and colors of fall leaves. No experience necessary.

Registration encouraged but not required. See the receptionist or call the center at 607-797-3145.

Sponsored by Broome County Office for Aging.

LUNCH MENU

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Parmesan Minestrone Soup Applesauce Ice Cream Cup 3	Halupki OR Roasted Chicken Thigh Mashed Potatoes French Cut Green Beans Pineapple Upside Down Cake 4	Roast Turkey Apple Bread Dressing Peas Pears 5	Breaded Fish OR Egg Salad Sandwich Harvest Vegetable Soup Peaches Chocolate Chip Cookie 6	Pub-Style Battered Fish OR Sausage w/Peppers & Onions Baby Red Potatoes Garden Salad Chocolate Pudding 7
Beef Burgundy Over Noodles Baby Carrots Oatmeal Cookie 10	Chicken Salad Croissant Cream of Broccoli Soup Three Bean Salad Strawberry Shortcake 11	Rotisserie Chicken Roasted Potatoes Winter Squash Mandarin Oranges 12	Pasta Parmesan w/Sausage Italian Green Beans Garden Salad Chocolate Brownie 13	Swiss Steak OR Herbed Pollack Mashed Potatoes Peas & Carrots Applesauce 14
Cheesy Shells Casserole Vegetable Soup Double Chocolate Cookie 17	Veggie Frittata O'Brien Potatoes Broccoli Florets Pineapple 18	Pub Burger OR Tuna Salad Baked Potato Spinach Pumpkin Cake 19	Grandma's Meatloaf Mashed Potatoes Carrots Tapioca Pudding w/ Mandarin Oranges 20	Pub-Style Fish OR Honey BBQ Chicken Macaroni Salad Garden Salad Snickerdoodle Cookie 21
Chicken Florentine Penne Casserole Cauliflower w/ Parsley Sherbet 24	Meatball Sub Harvest Vegetable Soup Wax Beans w/ Pimento Lemon Pudding 25	Liver w/Onions OR Chicken Marsala Mashed Potatoes w/Gravy Peas & Carrots Orange Cranberry Bar 26	Baked Ham OR Citrus-Rubbed Pollack Scalloped Potatoes Cut Green Beans Apple Cobbler 27	Salisbury Steak OR Breaded Fish Baked Potato Cottage Cheese Pineapple 28

Happy Halloween 31 Rotisserie Chicken Baked Potato Peas & Carrots Cream Puff 	Dining Room Entertainment: 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 <i>Thank you to all our musical friends for making our days brighter with their music!</i>
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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, October 26, 12:15 – 12:45PM

Whole Grain Hacks



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, 11/30, at 12:15PM.

Topic: Double Duty Meals

Chop & Chat



Tuesday, October 11, 11:00AM – 12:00PM

Sign-up by Wednesday, October 5

Pumpkin Chili

Tuesday, November 1, 11:00AM – 12:00PM

Sign-up by Wednesday, October 26

Spaghetti Squash Primavera

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

Program sponsored by Faith in Action.

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

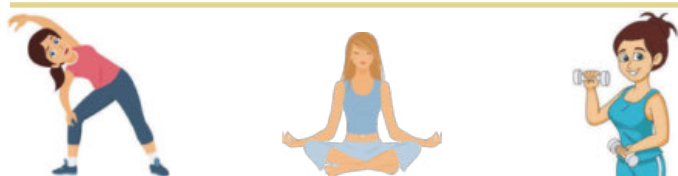
Guitar Group: 9:00AM–12:00PM
Quilting: 9:00AM–12:00PM (no fee)
Bridge: 10:30AM–2:30PM (no fee)
Penny Bingo for Fun: 12:30–3:00PM
Progressive Pinochle: 12:30–3:00PM
Mahjong: 1:00PM (no fee)
Bonesavers: 1:00–2:00PM (no fee)

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)

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.

October dates: 10/7 and 10/21.
November dates: 11/4 and 11/18.

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.



This group meets **in-person** at the center. The next meeting is Monday, 10/3 from **1:00 – 2:30PM.**

The November meeting is Monday, 11/7.

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

Canasta



Canasta, a card game of the Rummy family, was popular in the early 1950s. We have a member that wants to form a weekly Canasta group. If you're interested, let us know and we'll pass your name and phone number along.

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, October 5, 10:00AM – 12:00PM

The Medicine Shoppe visits to check your blood pressure, glucose and oxygen level. Offered monthly. **Next visit 11/2.**

Appointment not required.

Legal Aid

Thursday, October 20, 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 11/17.**

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

Haircuts

Wednesday, October 26, 10:00 – 11:30AM

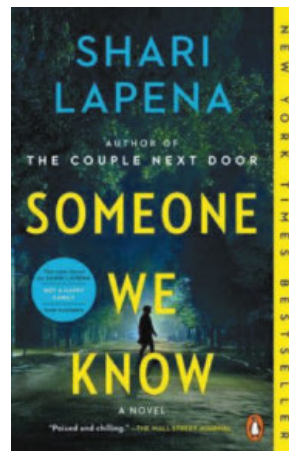
Dry haircuts for men and women by Debbie Roberts. \$20.00 each. Offered monthly. **Next visit 11/23.**

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

Book Club

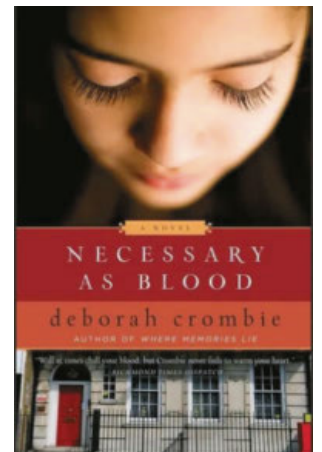
Meets at the Senior Center every 6 weeks.

All are welcome!



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

**Wednesday
October 5
3:00 – 4:00PM**



Safety Reminders

Emergency Exits & Fire Pull Locations:

- **Front Entrance:** the usual entrance / exit
- **Back Hallway Door:** end of hallway, to the right of the Exercise Room
- **Dining Room:** double doors at the back of the room (rear of building)
- **Kitchen:** back door (rear of building)



Every exit has a **Fire Pull** to the right of the door (except for the Kitchen back door exit – it's to the left). This will sound the fire alarm throughout the building.

Fire Extinguisher Locations:

- **Back Door:** end of hallway, to the right of the Exercise Room
- **Dining Room:** by the water fountain
- **Kitchen:** in alcove, under phone



AED – Automated External Defibrillator:

Located in the office area – under the cabinets by the copier.

Emergency Contact: please make sure we have an accurate emergency contact for you. Stop at the receptionist desk to verify / update your info.

Lourdes Mammography Van – 2023

Wednesday, May 24, 2023
Thursday, September 14, 2023

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



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

Action for Older Persons

Action for Older Persons

Did you know that Action for Older Persons can help you review your Medicare Plan for Open Enrollment (October 15 – December 7)?

Why is it wise to review your Medicare Plans?

- Plans available change from year to year
- The health and drug coverage offered in each plan can change
- The preferred pharmacies can change
- Premiums can increase

What can AOP do to help?

- Individual appointment to help you pick a plan that will work well for you
- Determine cost effective choices for you based on the health services and medications you use
- Utilize Medicare website to choose plan
- Help with enrollment into these plans

Call 607-722-1251 to schedule an appointment to go over your plan for next year.

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If you're an Amazon shopper, Amazon Smile will donate 0.5% of your eligible purchases to us and there's no cost to you! Go to "**Amazon Smile**" by typing **smile.amazon.com** (instead of **www.amazon.com**) and choose "Johnson City Senior Citizens Center Inc". It's that easy!

Bottle / Can Drive

We'll gladly take your bottles and cans anytime!



Virtual Lyceum Sessions at JCSC

Wednesday, October 5, 10:00AM – 12:00PM
Armchair Travel: Hiking Along the Migrant Trails
in Southern Arizona

Wednesday, October 19, 10:00AM – 12:00PM
Armchair Travel: Paraguay

Wednesday, November 9, 10:00AM – 12:00PM
Armchair Travel: South Meets North:
Savannah and Anchorage

These are 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 meditation leader. Space is limited.

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

Group Meditation:

From **11:00AM to 12:00PM on Thursdays**. New students welcome. Note: time listed incorrectly in last month's newsletter. This is the correct time.

Private Counseling (by appointment):

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

Coming in November

Wednesday, 11/9: Veterans Day Remembrance

Friday, 11/11: Closed for Veterans Day

Wednesday, 11/16: COVID Booster Clinic

Wednesday, 11/16: Thanksgiving Luncheon

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 setting up more classes for 2023.

Add your name to our waiting list and we'll let you know when our next class opens up.

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

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

Thursday, 11/3 & Friday, 11/4 (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; please include \$1 when returning them.

Twin Tiers Honor Flight – Shoe Drive

Drop off unwanted shoes at the center to benefit the Twin Tiers Honor Flight.

To date, we've collected **741 pairs of shoes!**

Now's the perfect time to clean out your closet of all those shoes and sneakers you don't wear anymore!



TRIPS & TRAVEL WITH THE JOHNSON CITY SENIOR CENTER

Fall is in the air and it brings along changing leaves and chilly nights.

On September 20, we traveled to Penn's Peak for a Frankie Valli tribute. The songs brought back fond memories of our youth and we were all singing along and dancing the afternoon away.

Our final 2022 trip is to Syracuse and still has seats available:

Onondaga Lake Holiday Lights – Syracuse – Wednesday, December 7

We'll leave the center at 10:00AM and stop at the *Destiny Mall* for time to grab lunch or shop.

We'll reboard the bus at 3:00PM and go to the *Spaghetti Factory* for dinner.

The highlight of the day is *Onondaga Lake's Holiday Lights*. Sit back and relax as we're driven two miles around the lake taking in the towering holiday displays, larger-than-life Land of Oz, animated scenes and a magical finale.

We'll get back to the center around 8:30PM.

Won't you come along and share the holiday spirit with us?
The more, the merrier!



Price:

\$124 Member

\$134 Non-Member

Final day to sign-up and pay:

Tuesday, November 1

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

This is the last month we'll have our trip desk. Don't worry, we'll be back next year.

You can still send your checks for trip balances to the center and they'll be processed.

PLEASE include your 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.

If you have any questions, please call the center at 607-797-3145 and press extension 205. Leave a message and one of us will get back to you.

And speaking of next year, we will have met with Cam Morris from Hale Transportation by the time you read this. We've given her **your** ideas plus a few of our own and we're working on our 2023 trips. As always, there's sure to be something for everyone.

We hope to see you soon.

The Trip Committee

Lucy Baker
Dorothy Blasko

Karen Derrick
Bill Hagopian

Debbie Isaak
Drenda Kudlac

Doreen Pritsos



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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

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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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Binghamton, New York

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