



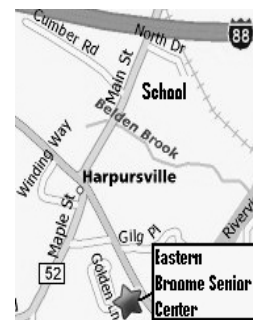
Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY 13787

Open: M-F, 9 am- 2:30 pm, lunch served around noon

Site Supervisor: Marcie Michalek (607) 693-2069

MOW Supervisor: Shelly Hendrickson (607) 693-1566



APRIL 2019

Mondays:

Mobile DMV: 10 am-3 pm (Closed 12-12:30 pm)

Visit the Mobile DMV to obtain non-driver identifications, driver's licenses, and registrations.

Wii Play & Practice: 9-11 am

Shuffleboard: 10-11 am.

Tuesdays:

Walk-In Breakfast: 8-9:30 am

Made to order just the way you like!

Senior Stretch Chair Exercises: 8:45-9:30 am

Wednesdays:

Walk-In Soup & Sandwich Bar: 11:30 am-12:30 pm

Crafters Group: 9-11 am

Woodcarving & More w/Mark Young: 9-11 am

Thursdays:

Acrylic Painting Class: 9-11 am

Develop your creative side with instructor, Fran Bromley.

Golden Griddle: 10:30 am-12 pm No reservations needed! Choose from a variety of made-to-order breakfast OR lunch items. *April's feature is a grilled hot dog.* Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

BINGO for Prizes: Thurs., April 4 & 18 @ 11:45 am.

Bring a canned good or small item to share as a prize! No money or reservation is necessary to play.

Fridays:

Bring a new friend to enjoy a complimentary meal!

Walk-In Burger & Soup Bar: 11:30 am-12:30 pm

Shuffleboard: 9:15 am

Gentle Tai Chi w/ Linda Phelps: 9:30- 10:30 am

Reserve by 12 pm the day prior. \$4.25 suggested contribution ages 60+ and spouse of any age, \$5.25 charge all others.

Alzheimer's Association Presentation

Wednesday, April 3, 12:15 pm

Hot Dog Day!

Thursday, April 4, 10:30 am-12 pm

Warmer weather, baseball season, and barbecues are all on the way! Enjoy a hot dog with all the fixings, baked beans, potato salad and a root beer float for dessert! You might even be the lucky winner of Rumble Ponies baseball game tickets!

Finance & Officers' Meeting & Site Council Meeting

Wed, April 10, 9:15 am Finance Meeting & 10:30 am Site Council Meeting to follow

"SNAP" Benefits w/Family Enrichment Network

Wed, April 10, 10:15 am

Learn how to prequalify for "SNAP", ask questions, and play a game of bingo!

Legal Aid: Make an Appointment with a Lawyer

Wed, April 24, 9 am-12 pm (please reserve)

No charge for Broome County residents age 60+.

Baked Potato Bar w/All the Fixings & Sides!

Wed, April 24, 11:30 am to 12:30 pm

Saving Money w/Medicare Presentation w/AOP

Wed, April 24, 12:15 pm

Homemade Chicken & Biscuit Fundraiser

Sat, April 27, 11 am-2 pm

Eat in or take out just \$6, and kids 5 & under eat free. Enjoy a wide variety of desserts. No reservations necessary! First come, first served. Orange Blossom Special to perform live music from 12-1:30 pm.

Horse Racing Game w/Bonnie Hill

Monday, April 29, 10 am

Broome County
Office for Aging  in April

Thurs, April 11, w/The Dunneman's Music Ministry

Apple Ginger Pork Chop & Lemon Meringue Pie

Thurs, April 25, w/Naturalist Photographer Rick Marsi: "The Last Wild Tigers in India: Bengals"

Cranberry Dijon Chicken & Chocolate Cream Pie

Doors open at 4 pm for punch, snacks & door prizes. Dinner served at 4:00. Entertainment begins at 4:45.

Gift Shop “The Crowe’s Nest”-Open M-F, 9am-2pm

It’s not just another place for the birds! It is a wonderful gift shop with beautiful handmade items, made by seniors. If you are looking for a unique gift or a place to sell your goods, stop by or call us at 693-2069 and ask for Maryann.

Bring any of your wireless devices & enjoy our center’s Wi-Fi!



Coming in May:

- Mission Meltaway: Every Wednesday in May
- May 2 & 3: AARP Smart Driver Course
5-8:30 pm, w/Soup & Sandwich Bar
- May 16: Evening Dining w/Bingo for Prizes
- May 18: Susquehanna Trail Historical Tour
1-5 pm, reservations needed.
- May 22: BBQ Chicken Luncheon
- May 30: Evening Dining, Oldies w/Ed Travis

Spring Trips

- April 3: Yellow Brick Road Casino
- May 13-16: Ohio Amish Country
- June 24: “Grease” Show

Have you heard about our game room and exercise equipment? Stop by and enjoy our amenities!

- Shuffleboard
- Billiards
- Treadmill
- Stationary Bikes



Nutrition Education Corner

Fill your plate with color. Here are some “colorful” tips from the USDA at www.choosemyplate.gov:

- Focus on whole fruits.
At breakfast, top whole grain cereal with fresh cut fruit or add fruit to pancakes and oatmeal.

- Vary your veggies.
Always cook extra veggies so that you can save some for other meals. Use leftover veggies in soups, stews, and pasta dishes.

April Lunch Menu

Call **693-2069** to reserve ONE day in advance.

Suggested contribution: \$3.50 for age 60+ and spouse of any age; \$4.50 for all others

*No reservations needed for starred events

*Breakfast is served every Tuesday, 8-9:30 am

- 4/1: Cheese Lasagna & Sugar Cookie
- 4/2: Cranberry Dijon Chicken Breast & Cinnamon Apple Slices
- 4/3: Herb Crusted Pork Loin OR Citrus Herb Pollack & Fruited Gelatin
- 4/4: Hot Dog Day! Hot Dog w/Onions & Root Beer Float
- 4/5: Salmon Patty w/Dill OR Basil Chicken Breast & Banana Cake
- 4/8: Macaroni & Cheese w/Stewed Tomatoes & Chocolate Chip Cookie
- 4/9: Honey Ginger Chicken Thigh w/Gravy & Pineapple Upside Down Cake
- 4/10: Beef Stroganoff OR Vegetarian Chili over Noodles & Vanilla Pudding w/ Oranges
- 4/11: ***Golden Griddle:** Grilled Hot Dog w/Baked Beans
- 4/12: Meatloaf w/Gravy OR Spinach Parmesan Pollack & Raspberry Blackout Bar
- 4/15: Ham Steak w/Honey Mustard Sauce & Oatmeal Raisin Cookie
- 4/16: Pub Burger OR Egg Salad Sandwich & Cottage Cheese w/Peaches
- 4/17: Liver w/Onions OR Chicken Cacciatore & Gingerbread Cake w/ Icing
- 4/18: ***Golden Griddle:** Grilled Hot Dog w/Baked Beans
- 4/19: Broiled Fish w/Lemon OR Roast Beef & Fresh Apple
- 4/22: Meatball Parm Sub & M&M Cookie
- 4/23: Sweet & Sour Pork over Brown Rice Pilaf & Raspberry Blackout Bar
- 4/24: Chicken Salad Sandwich on a Croissant & Peach Cobbler
- 4/25: ***Golden Griddle:** Grilled Hot Dog w/Baked Beans
- 4/26: Parmesan Crusted Broiled Fish OR Italian Chicken Breast & Strawberry Gelatin

4/29: Chicken Alfredo over Pasta & Banana

4/30: Halupki OR Breaded Pollack & PB&J Cookie

No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.
