

Eastern Broome Senior Center

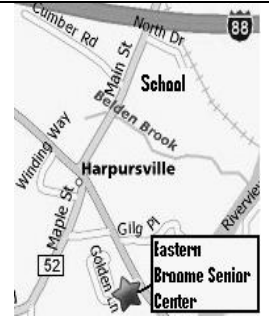
27 Golden Lane, Harpursville, NY 13787

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

Site Supervisor: Marcie Michalek (607) 693-2069

MOW Supervisor: [NOW HIRING! Call 778-6206] (607) 693-1566

AUGUST 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. *August's feature is a grilled chicken southwest salad & cup of soup!* Suggested contribution \$3.50 for those ages 60 & older (\$4.50 charge for others).

BINGO for Prizes: *Thursdays, August 1, 8 & 22 @ 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

Starting August 2: Bacon Swiss Burger!

Shuffleboard: 9:15 am

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

Evening Meals in August

Thursday, August 15, w/Bingo

Chicken Parm. Sandwich & Black Forest Pudding

Thursday, August 29, w/Harmony Lane

Rotisserie Chicken & Strawberry Shortcake

Doors open at 4 pm for punch, snacks & door prizes. Dinner served at 4:30. Entertainment begins at 5:15. Reserve by 12 pm the day prior. \$4.25 suggested contribution ages 60+ and spouse of any age, \$5.25 charge all others.

AARP SmartDriver Course (enrollment required)

Thurs & Fri, August 1 & 2, 5 pm – 8:30 pm (call for info)

Self-Reflexology & Essential Oils Class

Monday, August 5, 12:30 – 2:30 pm (please sign up)

Instructor Brenda Bassin will demonstrate reflexology & will teach about overall wellness.

Grandparents' Day Luncheon w/ "Senior Moments"

Wednesday, August 7, starting at 10 am

Share memories, photos, & stories of your grandkids (or bring them along)! Lunch is a hot dog w/ onion, macaroni & cheese, mandarin oranges & a chocolate chip cookie for dessert. Music by Steve Youngs of "Senior Moments" at 12:15 pm.

CHOW Mobile Market

Thursday, August 8 & Monday, August 19, 10 am – 11 am

Fresh produce available for purchase.

Finance & Officers' Meeting & Site Council Meeting

Wednesday, August 14, 9:15 am Finance & Officers' Mtg. & 10:30 am Site Council Meeting to follow

Baked Potato Bar (no reservation necessary)

Wednesday & Friday, August 14 & 16, 11:30 am – 12:30 pm

Wednesday, August 28, 11:30 am – 12:30 pm

Country Fair Day w/ "Hot Wings & Cold Feet"

Wednesday, August 21, 9 am – 2 pm

Our "day at the fair" will include local vendors, country-style goodies, and the bluegrass, country & gospel music of "Hot Wings & Cold Feet!" Lunch is a BBQ chicken sandwich, sides, & strawberry shortcake for dessert.

Day Trip: Hudson River Cruise

Thursday, August 22 (call for information)

Horse Racing Game

Monday, August 26, 10 am

Legal Aid Society: Appointments with a Lawyer

Wednesday, August 28, 9 am – 12 pm (call to make appt)

American Red Cross Blood Drive

Friday, August 30, 2 pm – 6 pm

Donate blood and you could save a life!
Call for more information.



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 September:

- September 12: Evening Dining
- September 18: Apple Fest & Retired Teachers Day w/Music by Charlene Thompson
- September 26: Evening Dining w/Bluegrass band, “New Appalachia”

Upcoming Trips

- September 19: Del Lago Casino
- October 8: Penn’s Peak, “Still Surfin’”: A Musical Tribute to the Beach Boys
- December 3: Villa Roma Resort: Jersey Tenors Holiday Show

NOW HIRING! Broome County Office for Aging is looking to fill a part-time Meals on Wheels position; the hours are M - F, 10:30 AM - 1:30 PM.

Applicant would be responsible for the daily operations of the Meals on Wheels program at the Eastern Broome Meals on Wheels site.

Responsibilities include ensuring the timely & accurate delivery of meals to participants, volunteer recruitment & retention, maintaining accurate records & files, and follow up on client & volunteer concerns. Ability to drive your own vehicle to deliver meals when needed is also a requirement of this job.

For more information on how to apply, please call 778-6206.

Broome County follows EEO/AA guidelines, which you can read about at this link:

<http://gobroomecounty.com/personnel/>

NUTRITION EDUCATION CORNER

Sick of the “same old, same old” at snack time? Here are some ideas for quick, tasty & nutritious options to try!

- Apple Slices & String Cheese
- Plain Greek Yogurt w/ Cucumber Slices
- Hard-Boiled or Devilled Egg w/ Hot Sauce
- Red Bell Pepper Strips & Hummus
- Tomato Slice topped w/Tuna

Adapted from: <https://www.webmd.com/diet/ss/slideshow-low-carb-snacks>

August 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

- 8/1: ***Golden Griddle:** Grilled Chicken Southwest Salad & Cup of Soup
- 8/2: Broiled Fish w/Lemon OR Sliced Roast Beef w/Gravy & Vanilla Cake
- 8/5: Meatball Parmesan Sub & M&M Cookie
- 8/6: Sweet & Sour Pork over Brown Rice Pilaf & Blueberry Muffin
- 8/7: **Grandparents’ Day Luncheon:** Hot Dog w/Onions & Chocolate Chip Cookie
- 8/8: ***Golden Griddle:** Grilled Chicken Southwest Salad & Cup of Soup
- 8/9: Italian Chicken OR Parm. Crusted Broiled Fish & Fruited Gelatin w/Topping
- 8/12: Chicken Alfredo over Rotini Pasta & Banana
- 8/13: Breaded Pollack OR Halupki w/Tomato Sauce & Cinnamon Muffin
- 8/14: Cilantro-Lime Chicken OR Braised Mexican Pork Shoulder & Lemon Pudding w/Topping
- 8/15: ***Golden Griddle:** Grilled Chicken Southwest Salad & Cup of Soup
- 8/16: Beef Stroganoff OR Spinach Parm. Pollack & Pineapple w/Mandarin Oranges
- 8/19: Mozzarella Pasta Bake & Sugar Cookie
- 8/20: Salisbury Steak w/Gravy & Cinnamon Apple Slices
- 8/21: **Country Fair Day:** BBQ Chicken Sandwich & Strawberry Shortcake
- 8/22: ***Golden Griddle:** Grilled Chicken Southwest Salad & Cup of Soup
- 8/23: Salmon Patty w/Dill OR Basil Chicken & Banana Cake w/Icing
- 8/26: Macaroni & Cheese & Chocolate Chip Cookie
- 8/27: Honey Ginger Chicken & Pineapple Ups. Down Cake
- 8/28: Beef Stroganoff & Vanilla Pudding w/Mandarin Oranges
- 8/29: ***Golden Griddle:** Grilled Chicken Southwest Salad & Cup of Soup
- 8/30: Meatloaf w/Gravy OR Spinach Parmesan Pollack & Raspberry Brownie Delight

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

The nutrition program is sponsored by the U.S. Administration for Community Living, New York State Office for Aging, and Broome County.