

Eastern Broome Senior Center

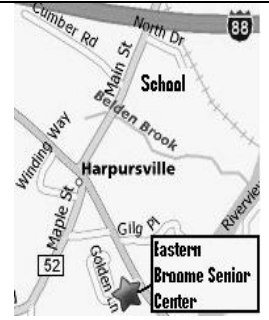
27 Golden Lane, Harpursville, NY 13787

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

Site Supervisor: Marcie Michalek (607) 693-2069

MOW Supervisor: Shelly Tarsia (607) 693-1566

FEBRUARY 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. *Feb. feature is Pizza Casserole w/side salad.* Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

BINGO for Prizes: Thurs., Feb 7 & 21 @ 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

Evening Meal

Doors open at 3:30 pm for punch, snacks & door prizes.

Dinner served at 4:00. Entertainment begins at 4:45.

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

- **Thurs, Feb. 28:** Roast Turkey and Pumpkin Pie for Dessert! Bingo for prizes to follow. Nick Bush will be our bingo caller. No money necessary to play! Just bring a household item or craft in good condition. Random winners will receive a gift certificate from a local business.

Center Closed:

Mon, February 18 in honor of President's Day.

Valentine's Day Celebration w/Guitarist Greg Neff

Thursday, February 14, schedule listed below

Coffee's on at 9 am. Goodies, snacks and punch at 10 am.

Enjoy a delicious lunch around noon, including chicken cordon bleu, baby red potatoes, monte carlo vegetables & red velvet pie cups for dessert! Greg Neff will play all of our "sweetheart" favorites beginning at 12:15. \$4.25 suggested contribution for those age 60+ and spouse of any age. \$5.25 charge for those under age 60. Please reserve by 2/13 at 12 pm.

Eastern Broome Team Trivia

Wednesdays, February 6 & 20, 11-11:30 a.m.

Presidential history theme! 3 teams will play on 2/6, and the 2 teams with the highest scores play in the finals on 2/20!

Presidential Luncheon

Wednesday, February 20, 12 pm

Lunch will include liver w/onions or chicken marengo, mashed potatoes, broccoli and black forest pudding topped with cherries!

Horse Racing Game w/Bonnie Hill

Monday, February 25, 10 am

If you would like to stay for lunch after the game, please reserve by 12 pm on 1/22 (the Friday before).

Finance & Officers' Meeting & Site Council Meeting

*Wed. Feb. 13, 9:15 am Finance Meeting &
10:30 am Site Council Meeting*

Legal Aid: Make an Appointment with a Lawyer

Wednesday, February 27, 9 am-12 pm (please reserve)

No charge for Broome County residents age 60+.

Baked Potato Bar

Wednesday, February 27, 11:30 am to 12:30 pm

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 Donna.

Coming in March:

3/14 Evening Dining w/Wayne Beddoe, doors open 3:30
3/26 AARP Smart Driver Course, 9 am-3:30 pm

Upcoming Trips:

Call Arlene at 759-6306 for details & to reserve.

- March 7: Philadelphia Flower Show
- April 3: Yellow Brick Road Casino
- May 13-16: Sugarcreek, Ohio Amish Country
- June 24: Merry Go Round Playhouse: “Grease”
- August: Hudson River Cruise
- September: del Lago Resort & Casino
- October 23: Penn’s Peak-Dolly & Kenny Tribute

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

- Shuffleboard
- Billiards
- Treadmill
- Stationary Bikes



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



Nutrition Education Corner

“Spice Up Your Life” & Watch Sodium Intake

Eating too much sodium puts Americans at risk for developing serious medical conditions, like high blood pressure, heart disease, and stroke. Dietary guidelines suggest no more than 2,300 mg of sodium per day. How much does 2,300 mg look like? About 1 teaspoon. **Join us on Thurs, 2/7 at 1 pm for tips on how you can “Spice up Your Life” and substitute other spices for salt that add great flavor.**

Source: https://www.cdc.gov/salt/pdfs/Sodium_Dietary_Guidelines.pdf

February 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

- 2/1: Chicken w/BBQ Sauce OR Salmon Patty w/Dill & Devil’s Food Cake
- 2/4: Macaroni & Cheese w/Stewed Tomatoes & Banana
- 2/5: Grandma’s Meatloaf OR Fish Florentine & Oatmeal Raisin Cookie
- 2/6: Halupki OR Roast Turkey & Fruited Gelatin
- 2/7: ***Golden Griddle:** Pizza Casserole w/ Side Salad
- 2/8: Beer Battered Fish OR Sausage Link & Mandarin Oranges
- 2/11: Beef Stew over a Biscuit & Peanut Butter Cookie
- 2/12: Italian Chicken Breast & Cranberry Orange Crumb Bar
- 2/13: Herb Pork Loin OR Citrus Herb Pollack & Cinnamon Applesauce
- 2/14: **Valentine’s Day Party:** Chicken Cordon Bleu & Red Velvet Pie Cups
- 2/15: Fish Florentine OR Ham Loaf w/ Honey Mustard & Pineapple Tidbits
- 2/18: Center Closed in observance of Presidents’ Day
- 2/19: Pierogies w/Kielbasa & Onions & Ice Cream Cup
- 2/20: **Presidential Luncheon:** Liver w/Onions OR Chicken Marengo & Black Forest Pudding
- 2/21: ***Golden Griddle:** Pizza Casserole w/ Side Salad
- 2/22: Broiled Fish w/Lemon OR Grandma’s Meatloaf & Cinnamon Apple Slices
- 2/25: Meatball Parm Sub & Sugar Cookie
- 2/26: Sweet & Sour Chicken over Brown Rice & Berry Crumb Bar
- 2/27: Chicken Salad OR Pub Burger & Pineapples and Oranges
- 2/28: ***Golden Griddle:** Pizza Casserole w/ Side Salad
- 3/1: Beer Battered Fish OR Salisbury Steak & Banana Cake

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

Winter Weather Closings: Coincide with Harpursville and/or Windsor School Districts

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