

Eastern Broome Senior Center

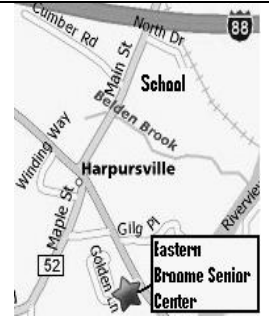
27 Golden Lane, Harpursville, NY 13787

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

JULY 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. *July's feature is blueberry pancakes!*

Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

BINGO for Prizes: Thursday, July 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

Evening Meals in July

Thursday, July 11, w/Pianist Adrian Skarvinko

Beef Burgundy & Lemon Meringue Pie

Thursday, July 25, w/Gary T. & Company

BBQ Chicken Sand. OR Fish Sand. & Choc. Cream Pie

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.

4th of July Party & Luncheon w/Wayne Beddoe

Tuesday, July 2, 10:30 am

Celebrate America! The patriotic fun begins at 10:30 am with punch and snacks, then enjoy your choice of spiedie marinated chicken or sausage link w/peppers & onions, plus brownie w/cherries and whipped topping! Wayne Beddoe will sing a patriotic medley at 12:15 pm.

Finance & Officers' Meeting & Site Council Meeting

Wednesday, July 10, 9:15 am Finance & Officers' Meeting & 10:30 am Site Council Meeting to follow

Farmers' Market Coupons Distribution

Monday, July 15, 10 am – 11:30 am

Farmers' Market Coupons are \$20 worth of vouchers to be exchanged for produce at participating local farmers' markets. Must be age 60 or older to qualify, must have an Office for Aging ID Card (or fill out an application on site), and must meet income guidelines (proof of income is not required).



Hawaiian Luau Luncheon w/Games

Tuesday, July 16, 10:30 am

Aloha! Wear your Hawaiian shirts and grass skirts and join us for a trip to the tropics!

Hawaiian snacks and games beginning at 10:30 am, followed by sliced ham with pineapple sauce for lunch and coconut cream pie for dessert.

Town of Colesville Gazebo Concert: Ed Travis

Sunday, July 21, 6 pm at Town of Colesville Gazebo

Singer Ed Travis will perform. Eastern Broome Senior Center will provide refreshments at the concert as a fundraiser for the center.

"Taste THIS!" Nutrition Ed. Class w/Office for Aging

Wednesday, July 24, 11 am (signup required)

Come discover new, nutritious foods and beverages you may never have tried before! A variety of supermarket products will be available for you to taste-test.

Legal Aid Society: Appointments with a Lawyer

Wednesday, July 31, 9 am – 12 pm (call to make appt)

Baked Potato Bar

Wednesday, July 31, 11:30 am – 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 Maryann.

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



Coming in August:

- August 1 & 2: AARP SmartDriver Course (*call for information and to sign up*)
- August 7: Grandparents Day
- August 15: Evening Dining w/Bingo for Prizes, 4 pm
- August 21: Country Fair Day w/Hot Wings & Cold Feet
- August 29: Evening Dining w/Harmony Lane, 4 pm

Upcoming Trips

- August 22: Hudson River Cruise
- September 19: Del Lago Casino
- October 23: Penn’s Peak: Tribute to Dolly Parton & Kenny Rogers
- December 3: Villa Roma Resort: Jersey Tenors Holiday 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

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

<https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/>

July 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

- 7/1: Meatball Parmesan Sub & M&M Cookie
- 7/2: **Independence Day Party:** Spiedie Marinated Chicken OR Sausage Link w/Peppers & Onions & Brownie w/Cherries
- 7/3: Chicken Salad Croissant w/Lettuce & Tomato & Applesauce Bar
- 7/4: Centers Closed in Observance of Independence Day
- 7/5: Italian Chicken OR Parm. Crusted Broiled Fish & Strawberry Gelatin w/Topping
- 7/8: Chicken Alfredo over Rotini Pasta & Banana
- 7/9: Halupki OR Breaded Pollack & Cinnamon Muffin
- 7/10: Braised Mexican Pork Shoulder OR Cilantro-Lime Chicken & Lemon Pudding w/Topping
- 7/11: ***Golden Griddle:** Blueberry Pancakes
- 7/12: Beef Stroganoff OR Spinach Parmesan Pollack over Buttered Noodles & Pineapple w/Mandarin Oranges
- 7/15: Mozzarella Pasta Bake & Sugar Cookie
- 7/16: **Hawaiian Luau:** Sliced Ham w/Pineapple Sauce & Coconut Cream Pie
- 7/17: Herb Crusted Pork OR Citrus Herbed Pollack & Fruited Gelatin w/Topping
- 7/18: ***Golden Griddle:** Blueberry Pancakes
- 7/19: Salmon Patty w/Dill OR Basil Chicken & Banana Cake w/Vanilla Icing
- 7/22: Macaroni & Cheese & Chocolate Chip Cookie
- 7/23: Honey Ginger Chicken & Pineapple Up. Down Cake
- 7/24: Beef Stroganoff over Buttered Noodles & Vanilla Pudding w/Mandarin Oranges
- 7/25: ***Golden Griddle:** Blueberry Pancakes
- 7/26: Meatloaf w/Gravy OR Spinach Parmesan Pollack & Raspberry Brownie Delight
- 7/29: Ham Steak w/Honey Mustard Sauce & Oatmeal Raisin Cookie
- 7/30: Breaded Fish Sandwich OR Egg Salad Sandwich & Diced Peaches
- 7/31: Liver w/Onions OR Chicken Cacciatore & Gingerbread Cake w/Icing

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.