

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

JUNE 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. *June's feature is a pub burger with fries and side salad!* Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

BINGO for Prizes: *Thursdays, June 6 & 20 @ 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 June

Thursday, June 13, w/Harmony Lane

Sausage Link OR Chicken Spiedie & Straw. Shortcake

Thursday, June 27, w/vocalist Rich Wilson

Halupki OR Meatloaf & Apple 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.

CHOW Mobile Market

Thursdays, June 6 & 20, 10 am – 11 am

Fresh fruits & vegetables will be available for purchase.

Breakfast with the Belden Hill Campers

Tuesday, June 11, 8 am – 9:30 am

Socialize over breakfast with our local campers. Enjoy an expanded menu: blueberry pancakes, French toast, sausage, fruit & more! Featuring door prizes and raffles!

Finance & Officers' Meeting & Site Council Meeting

Wednesday, June 12, 9:15 am Finance & Officers' Meeting & 10:30 am Site Council Meeting to follow

Father's Day Luncheon w/Speaker Bill Tomic

Friday, June 14, 11:30 am

Celebrate Fathers & special mentors with a special luncheon! Speaker Bill Tomic will present, "In the Good Ole Summertime," exploring how Broome County has enjoyed Summer over the past 100 years.

Office for Aging Senior Picnic & Fun Fest

Wednesday, June 19, 10 am – 2 pm

Center is closed. See you at the Senior Picnic at SUNY Broome.

AARP Safe Driver Course (enrollment required)

Saturday, June 22, 9 am – 4 pm

\$20 for AARP Members; \$25 for non-members. Learn safe driving tips & potentially earn a discount on your insurance. *Soup & Sandwich Bar available for lunch break (\$3.50 suggested contribution ages 60+ and spouse of any age, \$4.50) charge all others.*

Horse Racing Game w/Bonnie Hill

Monday, June 24, 10 am

Day Trip to Merry-Go-Round Theater—Grease

Monday, June 24

Legal Aid Society: Appointments with a Lawyer

Wednesday, June 26, 9 am – 12 pm (call to make appt)

Baked Potato Bar

Wednesday, June 26, 11:30 am – 12:30 pm

Enjoy a delicious baked potato with all the fixings, plus soup, beverage and dessert! No reservation necessary.

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 July:

- July 2: 4th of July Party w/Wayne Beddoe, 12 pm
- July 11: Evening Dining, 4 pm pianist Adrian S.
- July 16: Hawaiian Luau
- July 21: Town of Colesville Concert at the Gazebo w/Ed Travis, 6 pm
- July 25: Evening Dining w/Gary T. & Company

Upcoming Trips

- August 22: Hudson River Cruise
- September 19: Del Lago Casino
- October 23: Penn’s Peak: Tribute to Dolly Parton & Kenny Rogers

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

- Shuffleboard
- Billiards
- Treadmill
- Stationary Bikes



Nutrition Education Corner

You can move toward a healthier eating pattern by making small shifts in food choices over time. Here are some ideas:

Instead of a high-calorie snack like potato chips, choose a nutrient-dense option like chopped fresh veggies.

Sweet tooth? Instead of sugary snacks like granola or cereal bars, choose fresh, whole fruits.

Swap the refined, white bread products for breads made with 100% whole grains.

Avoid fats that are solid at room temperature (e.g. butter, shortening) and opt for healthy oils, like olive or avocado oil.

Adapted from: <https://www.nia.nih.gov/health/smart-food-choices-healthy-aging#Snacks>

June 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

- 6/3: Chicken Alfredo over Rotini Pasta & Banana
6/4: Halupki w/Sauce OR Breaded Pollack & PB&J Cookie
6/5: Braised Mexican Pork OR Italian Chicken & Lemon Pudding w/Topping
6/6: ***Golden Griddle:** Pub Burger w/Fries & Side Salad
6/7: Beef Burgundy OR Spinach Parmesan Pollack & Pineapple w/Mandarin Oranges
6/10: Cheese Lasagna Bake & Sugar Cookie
6/11: Cranberry Dijon Chicken & Cinnamon Apple Slices
6/12: Herb Crusted Pork Loin OR Citrus Herb Pollack & Fruited Gelatin w/Topping
6/13: ***Golden Griddle:** Pub Burger w/Fries & Side Salad
6/14: **Father’s Day Luncheon:** Salmon Patty w/Dill Sauce OR Roast Beef w/Gravy & Banana Cake
6/17: Macaroni and Cheese & Chocolate Chip Cookie
6/18: Honey Ginger Chicken & Pineapple Upside Down Cake
6/19: **Senior Picnic at SUNY Broome:** BBQ Chicken Sandwich & Strawberry Shortcake
6/20: ***Golden Griddle:** Pub Burger w/Fries & Side Salad
6/21: Meatloaf w/Gravy OR Spinach Parmesan Pollack & Raspberry Brownie Delight
6/24: Ham Steak w/Honey Mustard Sauce & Oatmeal Raisin Cookie
6/25: Egg Salad Sandwich OR Breaded Fish Sandwich & Sliced Peaches
6/26: Liver w/Onions OR Chicken Cacciatore & Gingerbread Cake
6/27: ***Golden Griddle:** Pub Burger w/Fries & Side Salad
6/28: Broiled Fish w/Lemon OR Sliced Roast Beef w/Gravy & Fresh Whole Apple

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.