

Eastern Broome Senior Center

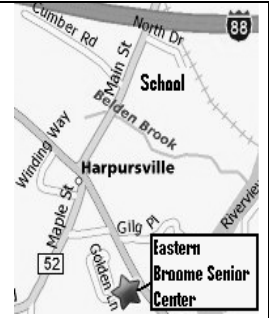
27 Golden Lane, Harpursville, NY 13787

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

MARCH 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. *March feature is grilled ham and cheese w/soup.* Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

BINGO for Prizes: Thurs.s, Mar 7, 21 & 28 @ 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 w/Oldies by Singer Wayne Beddoe

Thurs, March 14, doors open 3:30 pm

Rotisserie Chicken & Cheesecake Parfait Dessert

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.

Baked Potato Bar w/All the Fixings & Sides!

Wed & Fri, Mar. 6 & 8, 11:30 am-12:30 pm

Wed, Mar. 27, 11:30 am to 12:30 pm

Pub Burger Bar is available on Friday 3/8 in addition to Potato Bar!

Nutrition Education w/Office for Aging:

Quick & Health Meals

Tuesday, March 7, 1 pm

Finance & Officers' Meeting & Site Council Meeting

Wed, Mar. 13, 9:15 am Finance Meeting &

10:30 am Site Council Meeting

St. Patrick's Luncheon w/Irish Dance

Friday, March 15, 2019, 12 pm

Coffee will be on at 9 am and snacks served at 10 am. Pub Burger Bar is available at 11:30 am and walk-ins are welcome! At 12 pm, enjoy a delicious hot lunch including a choice of corned beef or fish florentine, baby red potatoes, sauteed cabbage and onions, and key lime pie cups! Students from the Carle School of Irish Dance will perform at 12:15 pm. \$4.25 suggested contribution for those age 60+ and spouse of any age. \$5.25 charge for all others. Reserve hot lunch by 3/14 at 12 pm.

Cabin Fever Day!

Monday, March 18, lunch served at 12 pm

Spring is on the way! While we wait for those warmer days to arrive, let's celebrate Cabin Fever Day! Play games throughout the day and enjoy a dish-to-pass luncheon served around 12 pm.

Play billiards, shuffleboard, Wii bowling, dominoes, puzzles, cards, and more!

Bring your favorite game and a favorite dish to pass. **The hot lunch will still be available for those who wish to order. Please reserve hot lunch by Friday, 3/15 at 12 pm.**

To sign up for a dish to pass, please see Marcie.



AARP Smart Driver Course (registration required)

Tuesday, March 26, 9 am-3:30 pm

Please reserve a hot lunch for your break by 12 pm on Monday, 3/25. Breakfast is also available by walk-in beginning at 8 am and no reservations are necessary.

Legal Aid: Make an Appointment with a Lawyer

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

No charge for Broome County residents age 60+.

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 Marcie.

Coming in April:

Evening Dining will be offered twice a month- Doors open at 4 pm, dinner served at 4:30 pm, and entertainment begins at 5:15 pm.

Also....

- **Apr. 3: Yellow Brick Road Casino Trip**
Call Arlene at 759-6306 to reserve.
- **Apr. 11: Evening Dining w/Entertainment by:**
“The Donnemans” Music Ministry
- **Apr. 25: Photography by Rick Marsi:**
“The Last Wild Tigers in India: Bengals”

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



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

- Shuffleboard
- Billiards
- Treadmill
- Stationary Bikes



Nutrition Education Corner

**Eating Healthy on a Budget?
Make a Grocery Game Plan**

Plan weekly meals by creating a menu for each day of the week. Then make a grocery shopping list based on your weekly menu. That way, you will only buy the items you need. Before your go grocery shopping, eat in advance so you aren’t hungry at the store. Bring along coupons you have clipped, check store circulars for weekly sales, and compare the price of store brand items versus name brand items.

Source: www.choosemyPlate.gov

March 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

- 3/1: Beer Battered Fish OR Salisbury Steak & Banana Cake
- 3/4: Ham Steak w/Mustard Sauce & Choc. Chip Cookie
- 3/5: Stuffed Shells w/Alfredo Sauce & Apple Crisp
- 3/6: Fish Florentine OR Beef Burgundy & Fruit Gelatin
- 3/7: ***Golden Griddle:** Grilled Ham & Cheese w/Soup
- 3/8: Citrus Herb Pollack OR Sausage Link & Devil’s Food Cake
- 3/11: Macaroni & Cheese w/Stew Tomato & Banana
- 3/12: Chicken & Biscuits & Ice Cream Cup
- 3/13: Halupki OR Roast Turkey & Chocolate Pudding
- 3/14: ***Golden Griddle:** Grilled Ham & Cheese w/Soup
- 3/15: St. Patrick’s Luncheon: Corned Beef OR Fish Florentine & Key Lime Pie Cup
- 3/18: Chili w/Cheese, Cornbread & Peanut Butter Cookie
- 3/19: Liver w/Onions OR Chicken Marengo & Raspberry Blackout Bar
- 3/20: Sliced Pork w/Gravy OR Salmon Patty w/Dill & Peaches
- 3/21: ***Golden Griddle:** Grilled Ham & Cheese w/Soup
- 3/22: Herb Rubbed Pollack OR Grandma’s Meatloaf & Mixed Fruit Cup
- 3/25: Meatball Parm Sub & M&M Cookie
- 3/26: Roasted Chicken & Rice Pudding
- 3/27: Pub Burger OR Tuna Salad Sandwich & Berry Crumb Bar
- 3/28: ***Golden Griddle:** Grilled Ham & Cheese w/Soup
- 3/29: Beer Battered Fish OR Italian Chicken Filet & Pineapple & Mandarin Oranges

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.