

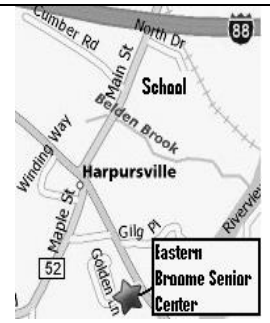
# Eastern Broome Senior Center

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



## MAY 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. *May's feature is a chicken salad or tuna salad cold plate with soup.* Suggested contribution \$3.50 for those ages 60 & better (\$4.50 charge for others).

**BINGO for Prizes:** *Thursdays, May 2, 9, 23 @ 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 May**

*Tuesday, May 16, w/Bingo for Prizes*

**Sausage OR Chicken & Brownie A La Mode**

*Tuesday, May 30, w/Country & Oldies Music by Ed Travis*  
**Chicken Marengo & Black Forest Pudding**

Doors open at 4 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.

Broome County  
**Office for Aging** 

### **Basic Estate Planning w/ Levene, Gouldin & Thompson**

*Monday, May 6, 12:15 pm*

Informational presentation. Questions welcomed.

### **Finance & Officers' Meeting & Site Council Meeting**

*Wednesday, May 8, 9:15 am Finance & Officers' Meeting & 10:30 am Site Council Meeting to follow*

### **Annual Plant Sale**

*Friday, May 10, 10:30 am*

### **Mother's Day Luncheon**

*Friday, May 10, 12 pm (please reserve)*

Celebrate mothers and all women with a special luncheon! Your choice of salmon patty with dill OR basil chicken, followed by "desserts to pass"—share your mother's, your grandmother's or another special lady's recipe to honor her.

### **Susquehanna Trail Historical Tour**

*Saturday, May 18, 1 – 5 pm (please reserve ASAP)*

A narrated school bus tour along the Susquehanna River, including some of the earliest settlements in the state. Visit a farmhouse B&B, learn about pioneer women, and see the oldest house east of the Hudson River. \$5/person. Refreshments included. Center doors open at 12:30 pm.

### **Horse Racing Game w/Bonnie Hill**

*Monday, May 20, 10 am*

### **BBQ Chicken Luncheon w/Country Music by Doc Weismore**

*Wednesday, May 22, 12 pm (please reserve)*

Enjoy a spring luncheon of rotisserie chicken, plus strawberry shortcake for dessert. Enter to win Spring Raffle Baskets! Musical entertainment by Doc Weismore.

### **Legal Aid Society: Appointments with a Lawyer**

*Wednesday, May 29, 9 am – 12 pm (call to schedule apt)*

No charge for Broome County residents 60+.

### **Baked Potato Bar**

*Wednesday, May 29, 11:30 am – 12:30 am*

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 June:

- June 11: Belden Hill Campers Breakfast
- June 13: Evening Dining w/Harmony Lane, 4 pm
- June 19: Broome County Office for Aging Senior Picnic @ SUNY Broome, 10 am – 2 pm
- June 22: AARP Smart Driver Course, 9 am – 4 pm
- June 27: Evening Dining w/Rich Wilson, 4 pm

### Upcoming Trips

- June 24: “Grease” Show
- August 22: Hudson River Cruise
- September 19: Del Lago Casino

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

- Shuffleboard
- Billiards
- Treadmill
- Stationary Bikes



### Nutrition Education Corner

It’s important for your body to have plenty of fluids each day. Try these tips from the National Institute on Aging for staying hydrated (check with your doctor if you’ve been told to limit how much you drink):

- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.

Adapted from: <https://www.nia.nih.gov/health/getting-enough-fluids>

### May 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

- 5/1: Braised Mexican Pork OR Italian Chicken & Lemon Pudding w/Topping
- 5/2: **\*Golden Griddle:** Tuna or Chicken Salad Cold Plate & Soup
- 5/3: Beef Burgundy OR Spinach Parm. Pollack & Pineapple w/ Mand. Oranges
- 5/6: Cheese Lasagna Bake & Sugar Cookie
- 5/7: Cranberry Dijon Chicken & Cinnamon Apple Slices
- 5/8: Herb Crusted Pork Loin OR Citrus Herb Pollack & Fruited Gelatin w/Topping
- 5/9: **\*Golden Griddle:** Tuna or Chicken Salad Cold Plate & Soup
- 5/10: **Mother’s Day Luncheon:** Salmon Patty w/Dill OR Basil Chicken & Desserts to Pass
- 5/13: Macaroni & Cheese & Chocolate Chip Cookie
- 5/14: Honey Ginger Chicken & Pineapple Upside Down Cake
- 5/15: Sliced Turkey w/Gravy OR Liver w/Onions & Fruit Cocktail
- 5/16: **\*Golden Griddle:** Tuna or Chicken Salad Cold Plate & Soup
- 5/17: Meatloaf w/Gravy OR Spinach Parm. Pollack & Raspberry Brownie Delight
- 5/20: Ham Steak w/Honey Mustard Sauce & Oatmeal Raisin Cookie
- 5/21: Egg Salad Sandwich OR Breaded Fish Sandwich w/Lettuce & Tomato & Sliced Peaches
- 5/22: **Barbecue Chicken Luncheon:** Rotisserie Chicken & Strawberry Shortcake
- 5/23: **\*Golden Griddle:** Tuna or Chicken Salad Cold Plate & Soup
- 5/24: Broiled Fish w/Lemon OR Sliced Roast Beef & Apple
- 5/27: *Centers Closed in Observance of Memorial Day*
- 5/28: Sweet & Sour Pork Over Brown Rice Pilaf & Oatmeal Raisin Cookie
- 5/29: Chicken Salad Croissant & Peach Cobbler
- 5/30: **\*Golden Griddle:** Tuna or Chicken Salad Cold Plate & Soup
- 5/31: Italian Chicken OR Parmesan Crusted Broiled Fish & Strawberry Gelatin

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.*