

Eastern Broome Senior Center

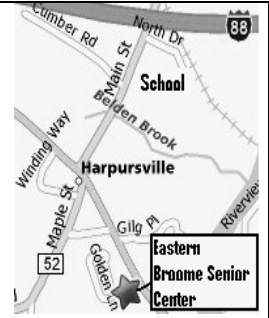
27 Golden Lane, Harpursville, NY 13787

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

Site Supervisor: Marcie Michalek (607) 693-2069

MOW Program: (607) 693-1566

SEPTEMBER 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. *September's feature is a grilled tuna & cheese sandwich w/ cucumber & tomato salad!* Suggested contribution \$3.50 for those ages 60 & older (\$4.50 charge for others).

BINGO for Prizes: *Thursdays, September 5 & 19 @ 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 September

Thursday, September 12, w/Joe Lombardi

Sliced Roast Beef w/Gravy & Choc. Cream Pie

Thursday, September 26, w/New Appalachia

Chicken Marengo & Strawberry Shortcake

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

Thursday, Sept. 5 & Monday, Sept. 23, 10 am – 11 am

Fresh produce available for purchase.

Finance & Officers' Meeting & Site Council Meeting

Wednesday, Sept. 11, 9:15 am Finance & Officers' Mtg. & 10:30 am Site Council Meeting to follow

Town of Colesville Rotary Club "Senior Picnic"

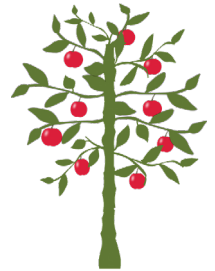
Wednesday, Sept. 11, 5 pm

The Town of Colesville Rotary Club sponsors a complimentary "Senior Picnic" for the Eastern Broome Seniors. Picnic will be held at the Town of Colesville Civic Association Pavilion. Please reserve your picnic meal by Friday, September 5th. Call 693-2069.

Apple Fest w/Music & Silent Auction

Wednesday, September 18, 9 am – 2 pm

Say "Hello, Autumn!" with Apple Fest! Enjoy punch & goodies before a lunch of roast turkey w/gravy, Autumn sides, and apple crisp a la mode! Charlene Thompson will perform favorites by Stephen Foster and Rodgers & Hammerstein on autoharp & accordion. Plus, don't miss our Silent Auction! \$4.25 suggested contribution ages 60+ and spouse of any age, \$5.25 charge all others.



Day Trip: Del Lago Casino

Thursday, September 19 (call for information)

Legal Aid Society: Appointments with a Lawyer

Wednesday, Sept. 25, 9 am – 12 pm (call to make appt)

Baked Potato Bar (no reservation necessary)

Wednesday, September 25, 11:30 am – 12:30 pm

Horse Racing Game w/Bonnie Hill

Monday, September 30, 10 am



Basic Medicaid Planning w/Amanda Giannone

Monday, September 30, 12:15 pm

Attorney Amanda Giannone of Levene, Gouldin & Thompson, LLP will present information on Medicaid Planning for Nursing Home Care and more.

Broome County

Office for Aging



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 October:

- October 10: Evening Dining w/The Cellar Yellers
- October 18: Eastern Broome’s 19th Anniversary Celebration & Volunteer Recognition w/ Orange Blossom Special
- October 24: Evening Dining w/Rich Wilson
- October 28: Lourdes Mobile Mammography Van

Upcoming Trips

- October 8: Penn’s Peak, “Still Surfin’”: A Musical Tribute to the Beach Boys
- 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

Did you know? One large egg contains 13 essential vitamins & minerals and high-quality protein, all for 70 calories! While egg whites do contain some of the egg’s protein, the majority of an egg’s nutrients are found in the yolk. These nutrients include:

- Vitamin D, critical for bone health & immune function. Eggs are one of the only foods which naturally contain vitamin D.
- Choline, a nutrient essential for normal functioning of all cells.
- Lutein & zeaxanthin: antioxidants believed to reduce the risk of developing cataracts and slow the progression of age-related macular degeneration.

<https://www.eggnutritioncenter.org/topics/nutrients-in-eggs/>

September 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

- 9/2: **Center Closed. Happy Labor Day!**
- 9/3: Breaded Fish Sand. OR Egg Salad Sand. & Pineapple Tidbits
- 9/4: Chicken Marengo OR Liver w/Onions & Raspberry Brownie Delight
- 9/5: ***Golden Griddle:** Grilled Tuna & Cheese Sandwich w/Cucumber & Tomato Salad
- 9/6: Broiled Fish w/Lemon OR Sliced Roast Beef w/Gravy & Vanilla Cake w/Icing
- 9/9: Meatball Parmesan Sub & M&M Cookie
- 9/10: Sweet & Sour Pork over Brown Rice Pilaf & Blueberry Muffin
- 9/11: Chicken Salad Sandwich w/Lettuce & Tomato & Applesauce Bar
- 9/12: ***Golden Griddle:** Grilled Tuna & Cheese Sandwich w/Cucumber & Tomato Salad
- 9/13: Italian Chicken Or Parm. Crusted Broiled Fish & Strawberry Gelatin w/Topping
- 9/16: Chicken Alfredo over Rotini Pasta & Banana
- 9/17: Breaded Pollack OR Halupki w/Tomato Sauce & Cinnamon Muffin
- 9/18: **Apple Fest:** Roast Turkey w/Gravy, Apple Bread Dressing, Cranberry Sauce & Apple Crisp a la Mode
- 9/19: ***Golden Griddle:** Grilled Tuna & Cheese Sandwich w/Cucumber & Tomato Salad
- 9/20: Beef Stroganoff OR Spinach Parm Pollack & Pineapple w/Mandarin Oranges
- 9/23: Mozzarella Pasta Bake & Sugar Cookie
- 9/24: Salisbury Steak w/Gravy & Cinnamon Apple Slices
- 9/25: Citrus Herbed Pollack OR Herb Crusted Pork Loin w/Gravy & Fruited Gelatin w/Topping
- 9/26: ***Golden Griddle:** Grilled Tuna & Cheese Sandwich w/Cucumber & Tomato Salad
- 9/27: Basil Chicken Breast OR Salmon Patty w/Dill & Banana Cake w/Icing
- 9/30: Macaroni & Cheese & Chocolate Chip Cookie

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.