Stay Connected - Stay Well

Have some fun! Do something new!

This is a calendar of suggestions and possibilities that will help you to become more active and to stay connected to others. Aging Futures hopes that the "Stay Connected – Stay Well" campaign motivates you to take small steps to build relationships that keep you healthier and independent longer.

The benefits of being involved are:

- It will increase your mental alertness.
- It will improve your emotional well-being.
- It will maintain your network of support for a time when you may need it.
- It will help you stay physically healthier.

In addition to the ideas within the calendar, the last two pages have a great deal of information about activities for you to consider. These include exercise and volunteer opportunities, a winter indoor walking program, and a list of the senior centers.

Stay Connected - Stay Well

Opportunities for you!

Computer Classes

- Action for Older Persons, Inc. 722-1251
- Boys & Girls Club
  Western Broome Family Center 754-0225
- SeniorNet 800-747-6848
  (local voice mail)..... 607-748-6363
- Urban League Technology Center..... 772-4765
- Senior Centers – Computer rooms, Internet service, and lessons available at some centers. Call Senior Centers for information.

Men Making Meals

Senior Men, have you learned to cook?
What are you waiting for?

Men Making Meals is a five session course offered periodically by the Broome County Office for Aging. You'll learn basic cooking skills, smart shopping, and how to cook meals for one or two.

More than 100 men over 60 have taken the Men Making Meals Course in the past three years.

The course is taught by a Nutrition Educator from Cornell Cooperative Extension of Broome County. It is coordinated by the Broome County Office for Aging Caregiver Services. For information and to learn when the next course is scheduled, call 778-2411.

Senior Centers

Call for hours and to make a meal reservation.

- **Broome West** **785-1777**
  2801 Wayne St., Endwell, NY 13760
- **Deposit** **467-3953**
  14 Monument St., Deposit, NY 13754
- **Eastern Broome** **693-2069**
  27 Golden Lane, Harpursville, NY 13787
- **East Side** **723-4292**
  254 Robinson St., Binghamton, NY 13904
- **First Ward** **729-6214**
  226 Clinton St., Binghamton, NY 13905
- **Greenman** **772-7166**
  37 Pine St., Binghamton, NY 13901
- **Johnson City** **797-1149**
  30 Brocton St., Johnson City, NY 13790
- **Northern Broome** **692-3405**
  12 Strongs Place, Whitney Point, NY 13862
- **North Shore Towers** **772-6214**
  24 Isbell St., Binghamton, NY 13901
- **Oak Street** **724-1220**
  Oak Street, Binghamton, NY 13905
- **Vestal** **754-9596**
  Old Vestal Junior High School Cafeteria
  201 Main St., Vestal, NY 13850

Soup, Salad and Sandwiches - Reservations are not required for soup, salad and sandwiches. These are available at some centers on certain days. Call the individual centers for information.

Volunteering

Research has shown that older adults who volunteer have higher levels of well-being and life satisfaction. Johns Hopkins reported that older participants in a volunteer program improved their health. Why not consider volunteering. Call one of the following agencies today for information on volunteer opportunities, or go to www.vastsite.org. All listed agencies are members of the Volunteer Administrators of the Southern Tier (VAST).

AARP Tax Aide Program - Joan Tassey - 625-2658
ACCORD - Dick Squire - 724-5153 ext. 106
Arthritis Foundation - Rosemary West - 798-8048
Binghamton University/Off Campus College - Mary Beth Willis - 777-2875
Boy Scouts of America/Braden Powell Council - Stephen Hoitt - 648-7888
Broome Co. Council of Churches CHOW - Ed Blaine 724-9130
Broome Co. Council of Churches *Faith In Action* Volunteers - Joanne Kays - 724-9130
Broome Co. Department of Social Services - Mary Guditis - 778-2681
Broome Co. Office for Aging - Kathleen Morrow - 778-2411
Broome Co. United Way First Call for Help - Candace Gregory - 729-9100
Broome Developmental Center - Arlene Koniuto - 770-0386
Broome-Tioga ARC - Amy Howard - 231-5260
Children's Home of the Wyoming Conference - Patricia Cardin - 772-6904
Crime Victim's Assistance Center - Meghan Whalen - 723-3200
Foster Grandparent Program - Deborah Stewart - 778-2089
Good Shepherd Fairview Home - BettyAnn Westbrook - 724-2477
Lourdes Hospital - Susan Bock - 798-5490
Lourdes Hospice - Mary Kaminsky - 584-9159
Meals on Wheels of Western Broome - Judy Harley – 754-7856
Mental Health Association of the Southern Tier - Jennifer McKenzie - 771-8888
RSVP - Gloria McAndrew - 231-0726
Rural Health Network of SCNY - Joy Olson - 692-7669
Southern Tier Red Cross - Rebecca Snow - 785-7207
Waterman Conservation Education Center - Sally Guydosh - 625-2221
Willow Point Nursing Home - Debra Broderick - 763-4248
WSKG - Carol Gorton - 729-0100
YWCA - Cindy Casterlin - 772-0340

The *Aging Futures Partnership* brings together agencies, senior citizens and businesses to improve the lives of older adults in Broome County. We envision a community where seniors age vitally, have healthy lifestyles and as much independence as possible.

Several workgroups and projects are underway. If you would like to get involved, please call 778-2411.

Senior Citizen Winter Indoor Walking

The Broome County Office for Aging and local school districts and facilities have teamed up to offer senior citizens indoor walking during the winter months. Sites open November 1 and run through April 28. Seniors can walk at the sites during the scheduled times, Monday – Friday. When the schools are closed there will be no walking program. Call the Broome County Office for Aging, 778-2411, in September for the 2007 schedule.

Walking Sites	Times
Brookside Elementary School	7:00 – 8:30 a.m.
Caryl Adams Elementary (Whitney Point)	3:30 – 5:00 p.m.
Chenango Forks High School	3:00 – 4:00 p.m.
Chenango Valley High School – Mon, Wed. & Fri.	6:45 – 7:30 a.m.
CR Weeks Elementary (Windsor)	7:00 – 8:40 a.m.*
Deposit Elementary	3:00 – 4:00 p.m.
East Middle School (Binghamton)	6:00 – 8:00 a.m.
Floyd Bell Elementary (Windsor)	7:00 – 8:40 a.m.*
Highland Park Gymnasium (Endwell)	7:30 – 9:30 a.m.
Jennie F. Snapp Junior High (Endicott)	6:30 – 7:15 a.m.*
MacArthur Elementary (Binghamton)	6:30 – 7:15 a.m.*
Oak Street Senior Center (Binghamton)	9:00 a.m. – 1:30 p.m.
Palmer Elementary School Gym (Windsor)	7:00 – 8:40 a.m.
Palmer Middle School Corridor (Windsor)	7:00 – 7:40 a.m.*
Roosevelt Elementary (Binghamton)	6:45 – 7:45 a.m.*
Susquehanna Valley High School	7:15 – 7:45 a.m.
Vestal High School	6:00 – 7:00 a.m.
West Middle School (Binghamton)	7:00 – 7:30 a.m.*

* afternoon hours available

Exercise Opportunities

- Boys & Girls Club
  Western Broome Family Center 754-0225
- Jewish Community Center 724-2417
- Parks & Recreation,
  City of Binghamton 772-7017
- Parks & Recreation,
  Broome County 778-2193
- Senior Centers – See Senior Center Listing
- YMCA – Binghamton 772-0560
- YMCA – Johnson City 770-9622
- YWCA – Binghamton 772-0340

Also Consider These . . .

Senior Clubs – Clubs provide an opportunity to socialize and share information. They may serve a specific group (e.g. retirees of a company), or a particular geographic area or interest. Many clubs are associated with the senior centers located throughout the county. For a list of area clubs, see the *Elder Services Guide*.

Elder Services Guide – The Guide is a directory of programs and services available to older adults. It is available from Action for Older Persons, 722-1251, or from the Broome County Office for Aging, 778-2411. It is also on-line at www.broomeelderservices.org.

Trust in the Lives of Older Women™ - Small discussion groups help older women overcome isolation and give them a new sense of family. For information, call Broome County Council of Churches' *Faith In Action* Volunteers, 724-9130 ext 304.

Mission Meltaway - A program dedicated to losing weight and increasing physical activity. (Usually occurs in January.) For information, 778-2411.

Broome County Senior Games - The Senior Games are held in September and October. They are competitive sports open to anyone 55 and older. Information and registration forms are available in August. Everyone must fill out a registration form and pay the $10 fee. Some games have an extra charge. Games include golf, tennis, volleyball, softball, bowling, horseshoes and billiards. For information and forms, call 778-2411.

BC Senior Games Free Clinics - Scheduled for June – Introduction to a new sport for seniors to try. Learn to play tennis, golf or horseshoes, etc. All equipment provided.

Health and Wellness Programs - Held at the senior centers, programs include exercise classes such as modified aerobics, line dancing, Tai Chi, chair exercises with or without weights, special exercise classes for people with arthritis, and walking groups in Vestal and Endicott. There are also forums and education classes on a variety of health topics. Several local agencies also offer classes. For information, call 778-2411.

Senior Sports Leagues - Men's softball, volleyball and golf leagues are available. For information, call 778-2411.

Senior Resource Line - For information and assistance about programs, services, and benefits for seniors, call the Broome County Office for Aging at 778-2411.

Senior Resource Line
778-2411
Broome County Office for Aging
Information on Programs & Services