

JEFFERSON COUNTY

OFFICE FOR THE AGING



JULY 2024 NEWSLETTER

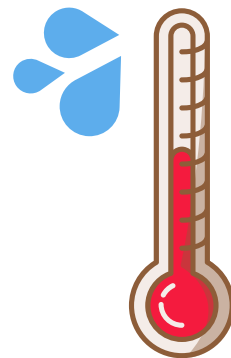
Older Adults Among Those at Highest Risk for Heat-Related Illness

Extreme Heat Kills More Than 600 People in the U.S. Every Year, Though Serious Health and Safety Effects Are Preventable

The New York State Office for the Aging (NYSOFA) and the New York State Department of Health (NYSDOH) are urging older adults, their family members, and caretakers to be prepared for high temperatures and excessive heat this summer. NYSOFA and NYSDOH also offer tips and resources for older adults and loved ones to stay safe.

According to the CDC, factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription Drug Use
- Heat Disease
- Mental Illness
- Poor Circulation
- Sunburn
- Alcohol Use



Before a heat wave you should:

- Know the symptoms of heat-related illnesses
- Make sure that you can open your windows and/or that your air conditioner is working properly. To see if you qualify for cooling assistance call DSS at (315) 785-3229
- Find out where to cool down – ask local officials about cooling centers in your area. If there are none, identify air-conditioned buildings where you can go (such as libraries, malls, supermarkets, or friends' homes).

(Such as, Salmon Run Mall, Jefferson County Emergency Operations Center, or Supermarkets)

- Choose someone that you can call for help or who can check on you
- Talk to your doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat.

During a heat wave you should:

- Use air conditioning to cool down or go to an air-conditioned building
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks
- Beat the heat with cool showers and baths
- Take regular breaks from physical activity
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. & 4 p.m.)

Older Adults Among Those at Highest Risk for Heat-Related Illness



During a heat wave you should (Continued):

- Wear loose, lightweight, light-colored clothing to help keep cool
- Stay out of the sun as much as possible
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are older or have special needs

Did you know?

- When indoor air temperatures are hotter than 95° F it can be dangerous to use a fan- On very hot, humid days, sweat evaporates off the skin slower than normal, which means fans blowing that air over the body makes it difficult for your body to cool you off by sweating.
- Fans usage at these temperatures may cause your body to gain heat instead of lose it, which can cause dehydration to occur more quickly.
- When indoor air temperatures are cooler than 95° F you should use a fan in the window so cooler air from the outside can circulate over the body helping you to regulate temperature quickly.

Places to Get Cool:

New York State pools and beaches across the New York State Park system are available for individuals to cool off during hot days this summer. There are 16 parks within Jefferson County they are:

- Black River Trail
- Burnham Point State Park
- Canoe-Picnic Point State Park
- Cedar Point State Park
- Long Point State Park
- Mary Island State Park
- Robert G. Wehle State Park
- Rock Island Lighthouse State Park
- Dewolf Point State Park
- Grass Point State Park
- Keewaydin State Park
- Kring Point State Park
- Southwick Beach State Park
- Waterson Point State Park
- Wellesley Island State Park
- Westcott Beach State Park

For further information on how to stay safe during periods of excessive heat, please visit the [New York State Department of Health](#) website or the [CDC website](#).

Lastly, for information on long term care services and supports for older adults and caregivers, please visit [NY Connects](#) or call 1-800-342-9871.

5 Tips on How to Stay Hydrated

If you want to prevent dehydration, it's as easy as incorporating more water and water-rich foods into your diet.

Here are some tips:

- Eight glasses a day is an easy rule to remember and a good general target. You can also use the body weight formula: take one-third of your body's weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day.
- When you feel thirsty (if not before), drink. Make it a point to drink a big glass of water with every meal.
- Focus your hydration strategy on water or low-calorie beverages like sparkling water, plain coffee, tea, or flavored water.
- Carry a large, reusable water bottle with you throughout the day and refill it as needed with clean drinking water.
- Certain situations will require you to drink more water to maintain good hydration. These include physical activity and exercise, hot and or/humid weather, and occasions when you are vomiting or have diarrhea.

Mild dehydration can usually be resolved by drinking fluids, but severe dehydration can be life-threatening. Seek medical help immediately if you experience some or all of the symptoms below:

- Dizziness or feeling faint
- Dark-colored urine
- Dry mouth
- Trouble Urinating
- Rapid breathing and/ or heartbeat



JEFFERSON COUNTY OFFICE FOR THE AGING
 175 ARSENAL STREET
 WATERTOWN, NEW YORK 13601-2529
 (315) 785-3191 Fax (315) 785-5095

Bethany Munn
 Director

Louise Haraczka
 Deputy Director

An important part of Office for the Aging’s funding comes from your contributions. We provide many services to help maintain your health, independence and quality of living.

As a qualifying recipient of Office for the Aging’s Home Delivered Meals program, we suggest a contribution of \$3.50 for each meal that we provide to you. If you receive 5 meals per week, the suggested monthly contribution would be approximately \$100.00.

All contributions are voluntary and confidential; no one will be denied service because of inability or unwillingness to contribute. If you choose to contribute, **please make checks payable to Jefferson County Treasurer and send to the address listed above.**

We appreciate your continued support. Contributions make it possible for us to continue, expand, and enhance this valuable program.

Free language interpretation services are available from OFA.

Sincerely,
 Bethany Munn
 Jefferson County OFA Director

If your income is at 185% of the annual Federal Poverty limit or higher, please consider a contribution equal to the actual cost of \$8.25 per meal.

Criteria for Home Delivered Meals:

(per NYSOFA 90-PI-26)

1. Any person age 60 or older is eligible to receive home delivered meals provided that such person:
 - a. Is incapacitated due to accident, illness, or frailty;
 - b. Lacks support of family, friends, or neighbors; and
 - c. Is unable to prepare meals due to a lack of or inadequacy of facilities, an inability to shop, cook or prepare meals safely, or a lack of appropriate knowledge or skills.
2. The spouse of an eligible recipient, regardless of age or condition, may receive home delivered meals when the provision of a meal to the spouse is in the best interest of the eligible participant.
3. Non-elderly disabled individuals, who reside in a non-institutional household with a person eligible to receive home delivered meals, may also receive home delivered meals when the provision of a meal to the non-elderly disabled individual is in the best interest of the eligible participant.

Visit Office for the Aging on Jefferson County’s website for helpful resources:

Volunteer Transportation Center	315-788-0422
North Country Library System - get your Tech Help	315-818-0660
here Jefferson County DSS (Dept. of Social Services)	315-785-3000
Jefferson County HEAP (Heating) Program	315-785-3229
Jefferson County SNAP (Food Stamp) Program	315-779-5923
Jefferson County Crisis Hotline	315-782-2327

The ability to make **contributions online** for Home Delivered Meals, Respite, HIICAP or EISEP is **NOW Available**. Go to the County website- <https://co.jefferson.ny.us/departments/OfficefortheAging>

Click on the tab at the top of the right side that says “I WANT TO”

At the bottom of the drop down that appears, click on “Pay A bill”

Enter your name as customer, select **Office for the Aging** under **Payment type**, pick what service you want the contribution to go to and the amount you wish to contribute.



Fight Hunger Bag Program

Start Spreading the News!

**Jefferson County Office for the Aging
has been selected to receive \$1 from every \$2.50
Fight Hunger Bag sold during the month of July!**

**Hannaford
21110 US Route 3, Watertown NY**

Stop in and show your support!



Now Available!

Farmers Market Coupons

Come into the Office for the Aging to get yours today!

Veterans Farmers Market Coupons

All Veterans and spouses of deceased veterans are entitled to receive coupon booklets worth \$50.

To pick up your coupon booklets please visit the NY State Department of Veteran Services at 317 Washington Street Suite #208

For more information please call (315) 785-2468

Also check out the Fruit & Vegetable Prescription Program

Headed by Cornell Cooperative Extension (CCE)



Fruit & Vegetable Prescription Program

Cornell Cooperative Extension
Jefferson County

 **SNAP-Ed**
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

 *Caring. Healing. Leading.*
Samaritan
Health



FIDELIS CARE®

Cornell Cooperative Extension of Jefferson County
203 N. Hamilton St. Watertown, NY 13601



What is it?

The goal of this program is to help you learn new, healthy ways to eat more fruits and vegetables to address health concerns.

How does it work?

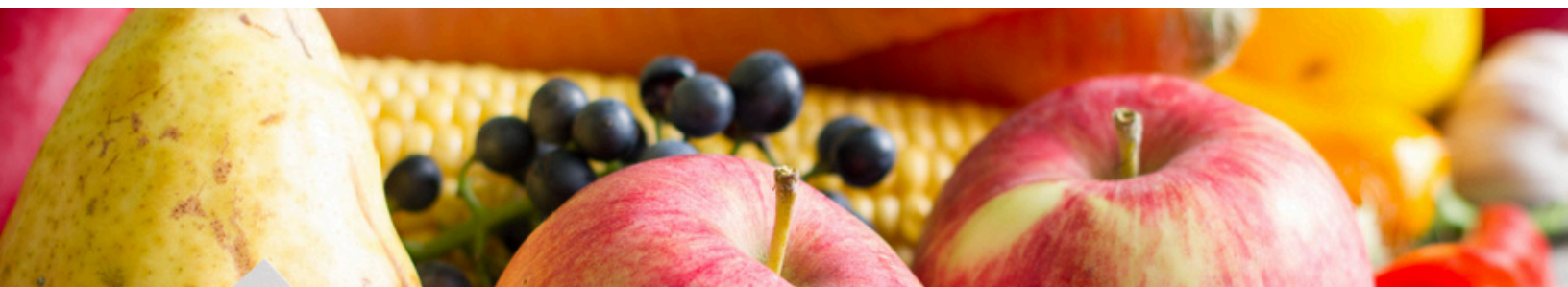
- Your health care provider will write you a prescription based on diet-related chronic disease and food security needs.
- A nutritionist will invite you to a 6-week interactive workshop.
- Participate in LIVE cooking demonstrations using in-season produce.
- Connect to a local farmer(s) to fill your produce prescription.
- Receive a \$20 voucher/gift card to cover the cost of the prescription (one per week of the 6-week workshop, total value of \$120).

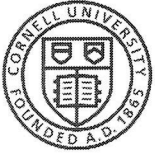
Am I eligible?

At risk of or diagnosed with a diet-related chronic disease? Experiencing food insecurity? Receive a referral at your visit to get started. Ask your health care provider for more information.

Contact: April Bennett Email: aln48@cornell.edu
Phone: 315-788-8450 ext. 265

Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and offers equal program and employment opportunities. This material was funded by USDA & Supplemental Nutrition Assistance Program - SNAP.





North Country Fruit and Vegetable Prescription Program (NC FVRx) Referral Form

Cornell Cooperative Extension of Jefferson County
203 N. Hamilton St. Watertown, NY 13601
PH: 315-788-8450 Fax: 315-788-8461



Contact: _____ Email: _____

Which healthcare center is this referral from? _____

Healthcare Representative Name & Contact Information: _____

Referral Information:

Referred Patient Name: _____

Referred Patient Phone Number

Referred Patient Address

Mobile: _____

Home: _____

Other: _____

Referred Patient Email: _____

Which of the following diet-related chronic disease risk factors impact this patient? (Check all that apply)

- Overweight, BMI 40+, Type II Diabetes, Cancer, Family History of Diabetes, Obese, Elevated Blood Sugar, Pre-Diabetes, Family History of Heart Disease, BMI 30+, High Blood Pressure, Heart Disease, Other

Which of the following food insecurity risk factors impact this patient? (Check all that apply)

- Within the past 12 months, we OFTEN worried whether our food would run out before we got money to buy more.
Within the past 12 months, we SOMETIMES worried whether our food would run out before we got money to buy more.
Within the past 12 months, the food we bought OFTEN didn't last and we didn't have money to get more.
Within the past 12 months, the food we bought SOMETIMES didn't last and we didn't have money to get more.

What other concerns would you like us to be aware of?

I attest that this patient meets the criteria for participation in the fruit and vegetable prescription program (NC FVRx) and I recommend them for enrollment in 6 weeks of nutrition workshops and up to \$150 in free produce vouchers (\$25 voucher/week of attendance).

I agree that I have received verbal confirmation to share this information with Cornell Cooperative Extension of Jefferson County. I understand a CCE Jefferson program educator will contact my client about enrolling in the fruit and vegetable prescription program (NC FVRx).

Name (please print): _____ Signature: _____



Securing today
and tomorrow

Social Security Administration

SSA.gov

You can now use your personal device to conduct your business with Social Security via video!

With *Social Security Video Connect*, you may be able to meet with a Social Security representative for Medicare, benefit applications, overpayments, redeterminations, U.S. citizen no change replacement Social Security cards, and U.S. citizen date of birth changes.

To use this service, you'll need access to a Microsoft Teams compatible device (desktop, laptop, tablet, or smart phone with web camera)

You can request a video appointment by contacting their local social security office (1-866-627-6995) or calling 1-800-772-1213 between 8:00 a.m. - 7:00 p.m., Monday through Friday.

Watertown Social Security Administration

156 Bellew Ave South, Watertown, NY 13601

Monday - Friday / 9 a.m. - 4 p.m.

Saturday - Sunday / Closed

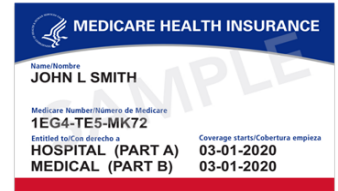
HIICAP NEWS for YOU!!!

Health Insurance Information Counseling & Assistance Program



Medicare Commercials...Flex cards...Over the Counter (OTC) Benefits.... Free Money?

We have all seen or heard Medicare advertisements. Most of these ads are referring to **Medicare Advantage Plans**. Because these plans are sold by private insurance companies, they *may* include additional benefits that original Medicare does not offer such as Vision, Hearing and Dental and Over the Counter (OTC) coverage.



The confusion many are having is that the Advantage Plans being advertised imply that the extra benefits are offered to everyone. These additional benefits like the Flex cards that offer money for utility assistance, healthy foods, and OTC, and even pet food and supplies are from a separate set of Medicare Advantage plans called DUAL Advantage plans.

Additional Benefits = Additional Eligibility

The Medicare Flex card program is **not a scam**; although it has limits on its use, based on plans and carriers. The flex cards for utility assistance, the generous amount of money for healthy food, and additional over-the-counter benefits are being advertised as if they are just part of everyone's Advantage plan.



In reality, these extra benefits are only included in specific **Dual Advantage plans**. Dual Advantage plans only work if you have both **Medicare and active Medicaid**. Medicaid is additional insurance coverage for LOW-INCOME individuals and couples. We have had an increase in calls for more information on these extra benefits. We are always willing to screen our callers for income-based programs and can discuss these plan options, but we want our readers to know that these commercials and advertisements are a little bit "too good to be true" for most people. These advertisements can be very biased and deceiving to many.



We encourage you to educate yourselves on your plan options, but when doing so, be mindful that even though a plan might offer a benefit it doesn't mean that benefit is accepted in our area. These cards and extra benefits are only going to work with specific stores and companies.

For more information and Health Insurance Counseling, call our office and speak to a trained and certified counselor. Jefferson County Office for the Aging 315-785-3191

FRIENDLY CALLING PROGRAM

VOLUNTEERS NEEDED!

Join efforts with the Jefferson County Office for the Aging in providing social engagement to local older adults! Regular check-in phone calls and sharing joy in building a friendly relationship



BECOME A VOLUNTEER TO:

- Give back to the community
- Form mutually beneficial relationships
- Meet new people
- gain a flexible volunteer opportunity

MORE INFORMATION

(315) 785-3191



<https://co.jefferson.ny.us/departments/Officefortheaging>



175 Arsenal St

2nd Floor

Watertown, NY 13601



Interested in volunteering or receiving calls? Please call the OFA- (315) 785-3191 or email ofa@co.jefferson.ny.us

SENIOR WELLNESS INITIATIVE

A free, fun, and interactive program open to any older adult in Jefferson County.

**Starting Monday July 8th, 10:30-12:30.
Meeting every Monday for 6 weeks at the
Watertown Senior Center.**

167 Polk Street, Second floor Watertown, NY

Meet new people and...

learn about the aging process. Plus learn how to take care of yourself as you get older.

Feel empowered about your health and...

celebrate this exciting stage of life and the benefits that come with it.

Enjoy free food and giveaways throughout the program! Program meets every Monday for 6 weeks. Registration required and limited to 15 people.



Call Pivot to register.

 **Pivot:**

(315)-788-4660

The Jefferson County
Office for the Aging
2024 Senior Picnic

Come Have Some Fun in the Sun!



**Westcott Beach State Park,
Pavilion D**



Wednesday, July 17th, 2024
(Rain Date: Thursday, July 18th, 2024)



10 A.M. - 2 P.M.

Lunch will be provided to individuals who register.

Seniors 60+ will have a chance to win a prize from our raffle!

SNAPSHOT! Photo Booth sponsored by Nascentia Health

Enjoy music from local DJ Jason Johnson

**Download the registration form from the Office for the
Aging website or stop by the office to pick one up!**

FORMS MUST BE IN BY JULY 5TH

**The Jefferson County
Office for the Aging
2024 Senior Picnic**

**A Huge Thank You To These Local
Business For Contributing To The Raffle!**

Art's Jug

Blinky's Liquor

BottleCaps Beverage Center

Cam's New York Pizzeria

Car Freshener Corporation

Caskinette Ford

Clipper Inn, LTD

Coyote Moon Vineyards

Cracker Barrel

Crystal Restaurant

Jreck's Subs

Longhorn Steakhouse

Lotus Restaurant

Lyric Coffee House

Maggie's on the River

Mr. Sub

Olive Garden

Price Chopper

Red Robin

Spring Valley Garden Center

Stewart's Shops

Thousand Islands Winery

Vito's Gourmet

Wal-Mart

Willowbrook Golf Club

2024 Jefferson County Office for the Aging Picnic

Wednesday, July 17, 2024

Westcott Beach State Park

10am - 2pm

(Rain Date: Thursday, July 18, 2024)

<p><i>By Thursday, July 4, 2024,</i></p> <p>Send completed reservation form and your check made out to the: “Jefferson County Treasurer” to Jefferson County Office for the Aging 175 Arsenal Street, Watertown, NY 13601</p> <p>\$5.00 for individuals 60 and over \$9.00 for individuals under age 60</p>	<p>Menu</p> <p>Italian Sausage with Side Roll Salt Potatoes Coleslaw Strawberry Shortcake Beverages</p>
---	--

One reservation form per person – This form may be copied if another registration is needed!!

Jefferson County Office for the Aging Picnic Participant Registration

Legal Name: _____ Date of Birth: _____

Address: _____ Telephone: _____

City/State: _____ **(Check one):** Male _____ Female _____

Zip Code: _____ Are you a veteran? Yes _____ No _____

Social Security # (or last four #): _____ Are you Frail/Disabled? Yes _____ No _____

Number in Household: _____ Marital Status _____

Lives with: **(Circle one)** Alone Non-Relatives Relatives Spouse & Others Spouse only

Are you also known by a nickname? If yes, what is the nickname? _____

Race (Check one): _____ 2 or more races _____ American Indian/Native Alaskan _____ Asian
 _____ Black/African American _____ Native Hawaiian/Other Pacific Islander _____ Other race _____ White, Hispanic
 _____ White, Not-Hispanic

Ethnicity (Check one): _____ Hispanic/Latino _____ Not Hispanic/Latino

Please check the category your monthly income falls within:

Single _____ Below \$1,255 _____ \$1,256-\$1,569 _____ \$1,570-\$1,883 _____ \$1,884-\$2,322 _____ \$2,323+

Couple _____ Below \$1,703 _____ \$1,704-\$2,129 _____ \$2,130-\$2,555 _____ \$2,556-\$3,151 _____ \$3,152+

<p>Emergency Contact:</p> <p>Name: _____</p> <p>Telephone: _____</p> <p>Address: _____</p> <p>Relationship: _____</p>	<p>*Must be completed if under 60 (CIRCLE ONE)</p> <p>Are you under 60 and the spouse of an eligible senior? Yes No</p> <p>Are you disabled and living in senior housing? Yes No</p> <p>Are you an eligible volunteer under 60? Yes No</p> <p>Are you disabled and living at home with eligible senior? Yes No</p>
--	---

Please answer the following questions:	Yes	No
Do you have an illness or condition that changes the kind and/or amount of food eaten?		
Do you eat fewer than 2 meals per day?		
Do you eat fewer than 2 daily servings of fruits?		
Do you eat fewer than 2 daily servings of vegetables?		
Do you eat fewer than 2 daily servings of milk products?		
Do you have 3 or more drinks of beer, liquor, or wine almost every day?		
Do you have tooth or mouth problems that make it hard to eat?		
Do you sometimes not always have enough money to buy needed food?		
Do you eat alone most of the time?		
Do you take 3 or more prescribed or over-the-counter drugs per day?		
Do you without wanting to, lost or gained 10 pounds in the past 6 months?		
Do you have a physical limitation that prevents you to shop, cook and/or feed yourself?		

The programs and services available under the auspices of the Office for the Aging are made possible by the contributions from program participants', the County of Jefferson, the NYS Office for the Aging and U.S. Administration on Aging.

Informed Consent to Capture and Record Personal Information

I hereby consent to my personal information contained in this Registration Form being saved in the Client Data System maintained by the New York State Office for the Aging and used by the local Office for the Aging. I understand that my information will not be shared with other agencies without my permission.

I understand that the information on this form may be sent to the State and Federal government, and is used to improve the services offered and better meet my needs.

Signature

Date

Print

ATTESTATION

To be completed by worker

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

Worker Signature

Date

Worker Name (Print)

Congregate Site

Jefferson County Office for the Aging
Senior Health Expo

50

Come celebrate 50 years of Service

*This years theme is
50 & Fabulous- The Golden Year*

Learn about services in
Jefferson County that could
aid you in your day to day life!

Wednesday September 18th, 2024
9am to 1pm

Jefferson Community College

James McVean College Center #4

Parking in Lot C

1220 Coffeen St.

Watertown NY 13601

A Huge Thank You To Our Sponsors




Doyle Medical Monitoring

G.R.O. Energy Solutions LLC

Seniors Helping Seniors

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon	10am - Boomer Movers 11am - Paynter Center 11:15am - Zoomers 12pm - Hot Lunch	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		
7	8	9	10	11	12	13
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon	8am - shopping 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		
14	15	16	17	18	19	20
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	9am - shopping PRICE 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		
21	22	23	24	25	26	27
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		
28	29	30	31	1	2	3
10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo		

Watertown Senior Center July Calendar

<p>Monday 7/1</p> <p>9am / Meet & Greet 10am - 11am / Crafty Seniors 11am - 12pm / AHA- Blood Pressure w/ Natalia 12pm - 1pm / BYO Lunch 1pm - 2pm / Ashley- Flower Memorial presents, "Libby" 1pm - 2pm / Val's Painting 3pm / Close</p>	<p>Wednesday 7/3</p> <p>9am / Meet & Greet 10am - 11am / Beach BINGO w/ Kayla & Erin AETNA 11am - 12pm / AHA- Hands Only CPR w/ Natalia 12pm - 1pm / BYO Lunch 1pm - 2:30pm / Jourrnaling with Debbie 1pm - 2:30pm / Puzzles, Games on your own 3pm / Close</p>	<p>Friday 7/5</p> <p>9am / Meet & Greet 10am - 12pm / Larry Corbett "99 years and counting... Happy Birthday Lucille Damon Rowe" 12pm - 1pm / PIVOT Lunch & Happy Birthday Cake for all, Call PIVOT to register 315-788-4660 1pm - 2pm / Nickle BINGO 3pm / Close</p> <p style="text-align: right;"></p>
<p>Monday 7/8</p> <p>9am / Meet & Greet 10am - 11am / Crafty Seniors 10:30am - 12:30am / PIVOT and Lunch (1st Session) 12pm - 1pm / Lunch if not PIVOT 1pm - 2pm / Val's Painting 3pm / Close</p>	<p>Wednesday 7/10</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & Gigung w/ Ann 11am - 12pm / AHA- AFB w/ Natalia 12pm - 1pm / BYO Lunch 1pm - 2pm / Puzzle Club or Storytelling w/ Robert 3pm / Close</p>	<p>Friday 7/12</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & gigung w/ Ann 11am - 12pm / Nickle BINGO w/ Deb 12pm - 1pm / BYO Lunch 1pm - 2pm / Val's Trucking Stories 3pm / Close</p>
<p>Monday 7/15</p> <p>9am / Meet & Greet 10am - 11am / Crafty Seniors 10:30am - 12:30am / PIVOT and Lunch (2nd Session) 12pm - 1pm / Lunch if not PIVOT 1pm - 2pm / Attorney Catherine Quenchers discusses Wills 1pm - 2pm / Val's Painting 3pm / Close</p>	<p>Wednesday 7/17</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & Gigung w/ Ann 11am - 12pm / Adult Coloring 12pm - 1pm / BYO Lunch 1pm - 2pm / History of Watertown Fires by Larry Corbett 3pm / Close</p>	<p>Friday 7/19</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & Gigung w/ Ann 11am - 12pm / Dementia Conversations w/ Vicki 12pm - 1pm / BYO Lunch 1pm - 2pm / Nickle BINGO (Deb) 3pm / Close</p>
<p>Monday 7/22</p> <p>9am / Meet & Greet 10am - 11am / Crafty Seniors 10:30am - 12:30am / PIVOT and Lunch (3rd Session) 12pm - 1pm / Lunch if not PIVOT 1pm - 2pm / Val's Painting 3pm / Close</p>	<p>Wednesday 7/24</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & Gigung w/ Ann 11am - 12pm / Financial Matters with Rebecca Barney WSB and pasties! 12pm - 1pm / BYO Lunch 1pm - 2:30pm / Edible Rocks & Geology Jingo w/ Debbie 3pm / Close</p>	<p>Friday 7/26</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & gigung w/ Ann 11am - 11:45am / Mini Terrarium 12pm - 1pm / BYO Lunch or \$5 Pizza & Soda; lunch 12pm - 1pm or 2pm / Book Club & NCLS 1pm - 2pm / Nickle BINGO (Deb) 3pm / Close</p> <p style="text-align: right;"> </p>
<p>Monday 7/29</p> <p>9am / Meet & Greet 10am - 11am / Crafty Seniors 10:30am - 12:30pm / PIVOT & Lunch (4th Session) 12pm - 1pm / BYO Lunch 12:30pm - 2:45pm / Christmas in July Crafts 3pm / Close</p>	<p>Wednesday 7/31</p> <p>9am / Meet & Greet 10am - 11am / Tai Chi & Gigung w/ Ann 11am - 12pm / National Blueberry Month w/ Kyle from OFA 12pm - 1pm / BYO Lunch 1pm - 2pm / Storytelling w/ Robert Avallone 3pm / Close</p>	<p>PIVOT begins Monday, July 8th (15 slots only) (315)-788-4660</p> <p>Watertown Senior Center - 167 Polk St. 2nd Floor Office for the Aging- (315) 785-3191 President: Deb Doyle Vice President: Mike Hedrick Treasurer: Pattie Shreck Calander/ Events: ddermody@cloud.com</p>