




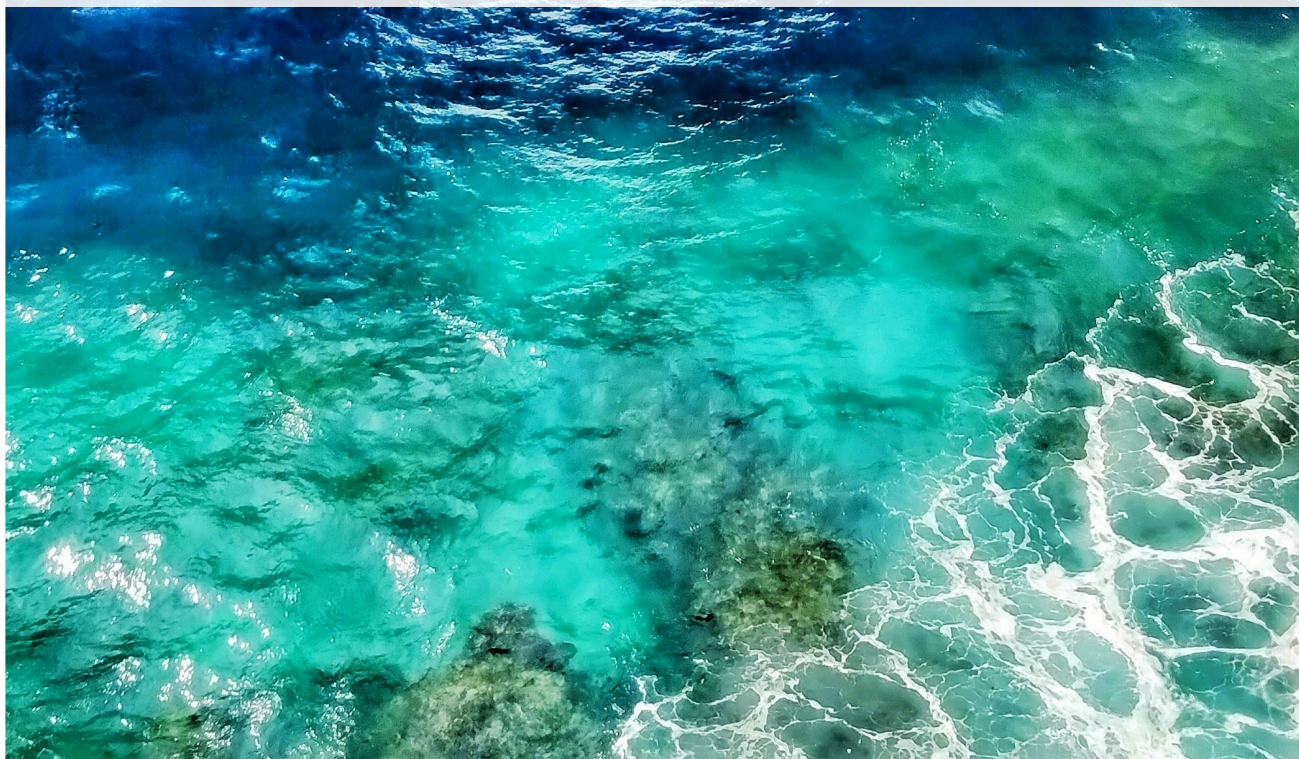
Jefferson County



Office for the Aging



June 2024 Newsletter



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

10 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. **Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.**
2. **Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.**
3. **Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.**
4. **Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.**
5. **Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.**
6. **Dip whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.**
7. **Fruit on the grill: Make kabobs with pineapple, peaches and bananas. Grill on low heat until fruit is hot and slightly golden**
8. **Stuff and omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.**
9. **Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.**
10. **Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.**



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.

Tomato, Cucumber & Basil Salad

Sourced from Beth- Budget Bytes

Total Time Required: 10 Minutes. Serves 2

Ingredients:

Dressing:

- 2 Tbsp of olive oil
- 1 Tbsp red wine vinegar
- 1 tsp oregano
- Salt & freshly cracked pepper to taste

Salad:

- 2 Roma tomatoes (or two medium tomatoes)
- 1/2 of a cucumber
- 1/4 of a red onion

INSTRUCTIONS

Whisk together the olive oil, red wine vinegar, oregano, salt, and some freshly cracked pepper in a bowl, or combine them in a jar and shake until mixed. Set the dressing aside to allow the flavors to blend.

Thinly slice the tomato, cucumber, and red onion. Place them in a large bowl.

Pour the dressing over the sliced vegetables and toss to coat. Serve immediately or refrigerate until ready to eat. The onions will become milder as they marinate in the dressing.

Nutrition information (Per Serving)

Yields 2 Servings: Calories: 145 kcal | Carbohydrates: 4.7g
Protein: 1g | Fat: 13.7g | Sodium 360mg | Fiber: 1.5g



Green Gazpacho

Sourced from Beth- Budget Bytes

Total Time Required: 15 Minutes. Serves 2

Ingredients:

- 1 medium cucumber
- 1/2 of a medium white onion
- 1/2 of a medium green bell pepper
- 1/2 a clove of garlic
- 1/2 of a medium avocado
- Sprinkle of fresh parsley
- Sprinkle of fresh cilantro
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/2 Tbsp lemon juice
- 1/2 Cup water

INSTRUCTIONS

Remove the ends from the cucumber and slice it in half lengthwise. Scrape the seeds out with a spoon and then chop the cucumber into chunks.

Remove the seeds from the bell pepper and also cut it into chunks. Dice the onion. Add the cucumber, bell pepper, onion, and garlic (peeled) to a food processor. Process until the vegetables are minced.

Pull leaves to taste from the parsley and cilantro bunches. Add the leaves to the food processor along with the olive oil and the flesh from the avocado. Purée until smooth.

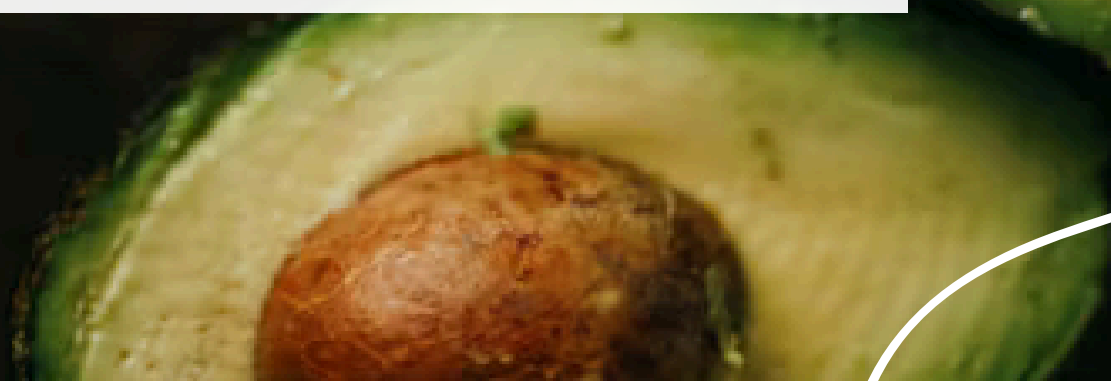
Add the water, one tablespoon of lemon juice, and one teaspoon of salt. Purée until smooth again. Taste the soup and adjust the salt or lemon juice if desired

Serve immediately or chill until ready to eat.

Nutrition information (Per Serving)

Yields 2 Servings: Calories: 215 kcal | Carbohydrates: 13.5g

Protein: 3g | Fat: 18g | Sodium 605mg | Fiber: 7g



Help Navigating Medicare



Health Insurance Information, Counseling and Assistance Program

HIICAP is the NY State SHIP (State Health Insurance Program). HIICAP provides those with Medicare, their representatives, and those soon to be eligible for Medicare with accurate, objective counseling for insurance options and issues.



SHIP
State Health Insurance
Assistance Program

HIICAP counselors also offer information on cost saving opportunities for beneficiaries such as Extra Help, EPIC, Medicare Savings Program, and Medicare covered Preventative Services.

To schedule an appointment with a HIICAP Counselor, call the Jefferson County Office for the Aging at (315) 785-3191.

Extra Help

(AKA Part D Low-Income Subsidy or LIS)

Federal program that helps pay for some costs of Medicare prescription drug coverage such as premiums, deductibles, and copays.

Eligibility:

Income below \$1,903 (\$2,575 couple) **AND** Assets up to \$17,220 (\$34,360 couple)

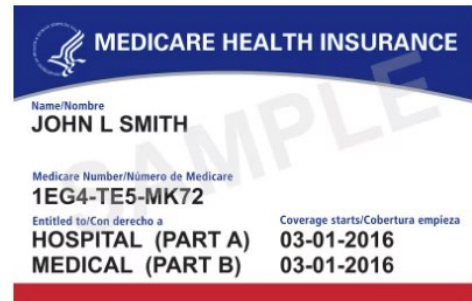
EPIC

(Elderly Pharmaceutical Insurance Coverage)

New York State's Prescription Assistance Program administered by the Department of Health to help with Medicare Part D costs such as premiums & copays.

Eligibility:

- NYS Resident age 65 or older
- Annual income below \$75,000
- Be enrolled or eligible for Medicare Part D
- Not be receiving full Medicaid benefits



Medicare Preventative Benefits

Medicare covers many preventative services at no cost to beneficiaries. These can help save on medical expenses through detection and early treatment. Some of the services available are:

- Annual Wellness Exam
- Cardiovascular Disease Screening
- Coronavirus Vaccine
- Depression Screening
- Diabetes Screening
- Diabetes Prevention Program
- Flu Shot
- HIV Screening
- Mammogram
- Obesity Screening and Counseling
- Prostate Cancer Screening

Certain Preventative Services have limitations on frequency and eligibility. Details on these and other preventative services are available through the annual publication Medicare & You or by using the following link to Medicare.gov:
www.medicare.gov/coverage/preventive-screening-services

Medicare Savings Program (MSP)

Helps pay for Medicare premiums and cost-sharing expenses. Beneficiaries who qualify for the Medicare Savings Program receive the following:

- Payment of Medicare Part B premium (\$174.70/month)
- Automatic enrollment into Extra Help
- Elimination of Late Enrollment Penalties

In addition, those who qualify for QMB (Qualified Medicare Beneficiary) have no copays, coinsurance, or deductibles for Medicare covered Medical services.

To submit an application for the Medicare Savings Program contact your Local Department of Social Services (LDSS) or go to health.ny.gov/forms/doh-4328.pdf to print and submit to LDSS.

Eligibility:

| | 2024 NYS Gross Monthly Income | 2024 NYS Asset Limits |
|----------|--|--|
| QI-1 | Individual: \$2,355 Couple: \$3,189 | Individual: No Limit Couple: No Limit |
| QMB | Individual: \$1,752 Couple: \$2,371 | Individual: No Limit Couple: No Limit |
| Medicaid | Individual: \$1,752 Couple: \$2,371 | Individual: \$31,175 Couple: \$42,312 |

(Amounts include standard \$20 disregard)

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

Watertown Senior Center 2024



Effective Communication Strategies
Friday, June 21 11 a.m.-Noon

New Advancements in Treatment
Friday, June 21 Noon -1 p.m.

Dementia Conversations
Friday, July 19 11 a.m.-Noon

Managing Money
Wednesday, August 21 11 a.m.-Noon

Healthy Living for Your Brain & Body
Wednesday, September 18 11 a.m.-Noon

All education programs are held at:

Watertown Senior Center
167 Polk St
2nd Floor- Marcy Building
Watertown, NY 13601

**Registration is preferred but not
required to register please call
800.272.3900**

Visit alz.org/CRF to explore additional education programs in your area.

OLDER ADULT EDUCATION DAY

Monday June 10th 1 - 3 pm

Join us to:

- Learn tips to prevent older adult fraud
- Talk with a pharmacist about your medication questions
- Meet with the Office of the Aging to understand SNAP applications and Medicare benefits eligibility
- Participate in brief wellness checks with Pivot WISE facilitators
- Meet community members and make new friends
- Plus more community resources and free refreshments!

FREE AND OPEN TO OLDER ADULTS IN JEFFERSON COUNTY. CALL PIVOT TO REGISTER: (315) 788-4660.

Meet us on the second floor of the Marcy Building:

Watertown Senior Center

167 Polk Street

Watertown, NY



Alcohol and Substance Abuse Council of Jefferson County, Inc.

A New Direction



Fake vs. Real: Easy Steps to Spot a Deepfake

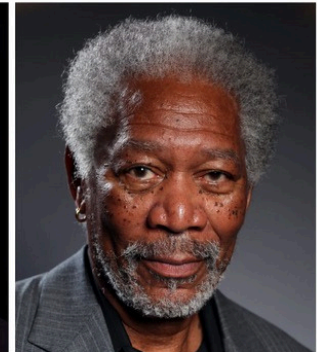


What Are Deepfakes?

Deepfakes are realistic-looking fake videos or audio recordings created using artificial intelligence (AI). They can make it seem like someone said or did something they never did. It's important to know how to spot them to avoid being misled.



Fake



Real

Easy Steps to Spot Fake Videos:

• Look at Faces Closely

- **Faces:** See if the face looks a bit off, like it is blurry and not clear.
- **Skin:** Is the skin too smooth or wrinkly for their age?
- **Eyes & Eyebrows:** Do shadows look right? Sometimes fake videos can't get this perfect.
- **Glasses:** Watch for odd reflections or changes when they move.
- **Beards & Moles:** Does the beard look real? Are moles consistent?
- **Blinking:** Are they blinking too much or not enough?
- **Lip Movements:** Do their lips move naturally with their words?

• Listen to the Voice

- Does the voice sound strange or not quite right?
- Listen for odd pauses or speech patterns.

• Check the Background

- Look for blurry spots or things that don't line up.
- Notice if objects or shadows in the video don't line up correctly.

• Who Shared It?

- Think about where you found the video.
- Check if reputable news sources are reporting the same information.

• Ask for Help

- If you're unsure, ask someone you trust who knows technology well.
- Trust Your Instincts!
- If a video feels strange, you might be right!



Reminder, Take Extra Care on Social Media:

- **Viral Videos:** Be extra careful with videos that get really popular, really fast.
- **Check the Account:** See if the account sharing the video looks real and trustworthy.
- **Be Aware of Tricks:** Sometimes real videos are twisted to tell a different story.
- **Report Fakes:** If you think a video is fake, you can report it on the social media site.

Stay Informed and Cautious!

Remember, deepfakes are becoming more common, but by staying vigilant and informed, you can protect yourself from being deceived. Always double-check information and consult trusted sources.

For more information on deepfakes and online safety:

- [MIT Media Lab](#)
- [What are deepfakes – and how can you spot them?](#)
- [Norton - What are deepfakes? How they work and how to spot them](#)
- [Deepfake Examples](#)





Email Safety Essentials

A toolkit for phishing scam protection.



In today's digital age, people must be aware of and protect themselves against phishing scams. These deceptive practices can compromise personal information and lead to significant financial losses.

A phishing email is a fraudulent message posing as coming from a legitimate entity like a bank, company, or government. The email urges the recipient to provide sensitive information or click on a link that is malicious. Those who respond to phishing messages risk financial loss and/or misuse of personal information.

This resource provides guidelines and tips to help you recognize and respond to phishing attempts effectively. By staying informed and vigilant, you can safeguard your personal information and maintain your digital security.

1. Clues for Identifying Phishing Scams

| What to watch out for | Red flag | What to do |
|--|--|--|
| Demands and threats | Unusual Urgency Legitimate organizations won't demand immediate action through threats or high-pressure tactics. | Verify Requests If you receive a demand for personal information, directly contact the organization through their official contact channels. |
| Suspicious senders | Mismatched or Odd Email Addresses or Unknown Numbers Beware of addresses that mimic legitimate ones but have subtle differences in spelling or name. | Double-Check Sources Check the sender's email by hovering over their name. Contact the organization directly, not through the provided links or reply buttons. |
| Suspicious links or attachments | Unexpected Links/Attachments Be cautious of any links or attachments in unexpected emails. | Avoid Interaction Never click on links or open attachments unless you are certain of the sender's authenticity. |
| Manipulative warnings | Threats of Account Closures or Limited Access Messages claiming your account will be closed or access limited unless you take the immediate actions outlined in the email are typical of phishing tactics. | Seek Official Confirmation Contact the organization through official channels to verify claims. |

2. Implement Additional Safeguarding Against Phishing



Use Updated Security Software.

Install and regularly update anti-virus and anti-malware software.



Educate Yourself.

Participate in cybersecurity awareness classes to stay informed about the latest phishing techniques and see examples.



Secure Personal Information.

Regularly change passwords and use multi-factor authentication where possible.



Stay Informed.

Subscribe to security alerts from trusted organizations for the latest phishing scam trends.

3. Emergency Action Plans for Incidents



Suspected Phishing Email:

Do not respond, click links, or open attachments. Report it to your email provider.



Accidental Click:

If you accidentally click a suspicious link, disconnect your device from the internet and run a security scan.



Personal Information Compromised:

Contact relevant organizations (banks, credit agencies) immediately to secure your accounts.



Report Scams:

Notify authorities such as the FTC or your local consumer protection agency.

4. Resources for Ongoing Support

- [ETC's Consumer Information on Scams](#)
- [Cybersecurity & Infrastructure Security Agency \(CISA\) Tips](#)

Remember, staying vigilant and informed is your best defense against phishing scams.

Ready to start something new?

We're looking for volunteers to make a positive difference in a child's life.



JOIN THE **FOSTER GRANDPARENT PROGRAM** TODAY

FGP is a local program that shows you how you can apply the skills and wisdom you have acquired throughout your life to make a difference in the lives of others.

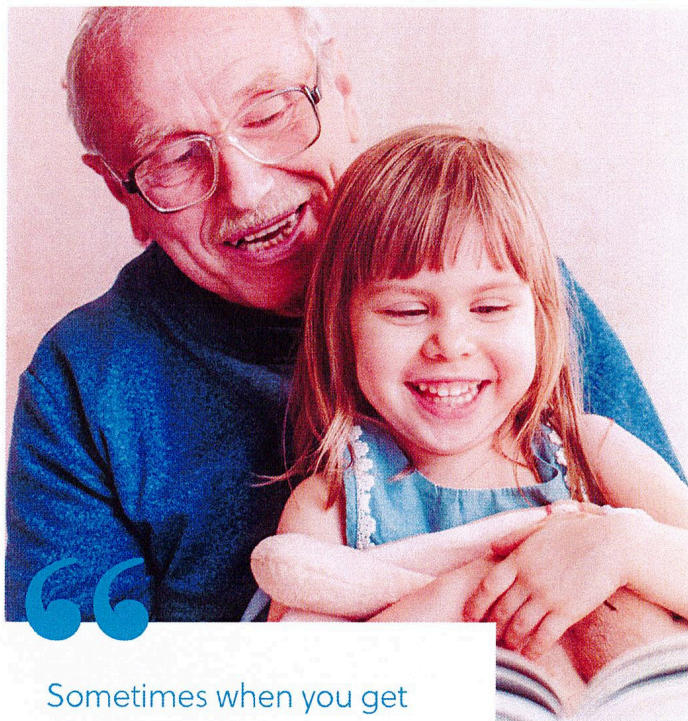
Get involved in the community and build relationships to last a lifetime.

Call (518) 359-7688 for more info

What is a Foster Grandparent?

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities. They are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, friendship, companionship, encouragement, individual attention, and unhurried help. The program currently has 40 volunteers and serves more than 100 kids per year.

The Foster Grandparent Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.



Sometimes when you get to be my age, you wake up and say what good am I and along came the Foster Grandparent Program that keeps me going! ”

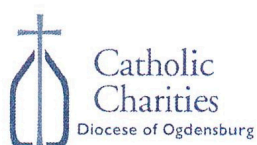
Roy Foote
age 83
Foster
Grandparent



Am I Qualified to be a Foster Grandparent?

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent.

You'll also receive a small bi-weekly, non-taxable stipend that cannot be held against any current benefits you may already have as well as paid mileage for your travel. Additionally, you receive paid holidays, vacations, sick and personal leave.



**Want more info about
how to get started?**

Contact Melissa Howard, Volunteer Coordinator

PHONE: (518) 359-7688 | **EMAIL:** mhoward@cathcharities.org

80 Park Street, Suite 2, P.O. Box 701, Tupper Lake, NY 12986

**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

**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 4TH

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+

Emergency Contact:

Name: _____

Telephone: _____

Address: _____

Relationship: _____

***Must be completed if under 60**

(CIRCLE ONE)

Are you under 60 and the spouse of an eligible senior? Yes No

Are you disabled and living in senior housing? Yes No

Are you an eligible volunteer under 60? Yes No

Are you disabled and living at home with eligible senior? Yes No

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? | | |

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---------------------|-----|-----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawn Memorial | 9am - Clayton Shopping 10am - Coffee hour 11am - Exercise | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch | 10am - Nickel Bingo | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawn Memorial | 9am - Clayton Shopping 10am - Coffee hour 11am - Exercise | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch | 10am - Nickel Bingo | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon | 8am - shopping 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawn Memorial | 9am - Clayton Shopping 10am - Coffee hour 11am - Exercise | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch | 10am - Nickel Bingo | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawn Memorial | 9am - Clayton Shopping 10am - Coffee hour 11am - Exercise | 9am - shopping PRICE 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch | 10am - Nickel Bingo | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 10am - Nickel Bingo 11am - Balanced boxing 1pm - Crafts with Sharon | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1pm - Hawn Memorial | 9am - Clayton Shopping 10am - Coffee hour 11am - Exercise | 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch | 10am - Nickel Bingo | | |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
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Watertown Senior Center Event Calendar - June 2024

| | | |
|--|--|---|
| Monday 6/3 | Wednesday 6/5 | Friday 6/7 |
| <p>9am / Meet & Greet 10am – 11am / JCHS Museum Talk 10am – 11am / Crocheting, Knitting, Embroidery 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / BYO Lunch 1pm – 2pm / Painting with Val 3pm / Close</p> | <p>9am / Meet & Greet 10am – 11am / Basic Sewing (Continued) with Debbie 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / BYO Lunch 1pm – 2:30pm / Journaling with Debbie 1pm – 2:30pm / Monopoly with Bill 3pm / Close</p> | <p>9am / Meet & Greet 10am – 12pm / Healthy Dairy Milkshake with Kyle 12pm – 1pm / Lunch with PIVOT and President and Vice President- Happy Birthday w/ Cake 1pm – 2pm / Human Body Health Jingo (Bingo) 1pm – 2pm / Parkinson's Discussion w/ Maureen 3pm / Close</p> |
| Monday 6/10 | Wednesday 6/12 | Friday 6/14 |
| <p>9am / Meet & Greet Watertown Senior Center Open House 10am – 11am / Crocheting & Knitting- Open House 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / Lunch provided by PIVOT 1pm – 3pm / Older Adult Education Day 3pm / Close</p> | <p>9am / Meet & Greet 10am – 11am / Puzzle Club with Pam 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / BYO Lunch 1pm – 2pm / Senior Planet- Cell Phone Usage 1pm – 2:30pm / Storytelling w/ Bob 3pm / Close</p> | <p>9am / Meet & Greet 10am – 11am / Meeting with American Legion Commander Bill Flynn 10:30am – 12pm / History with Larry Corbett 12pm – 1pm / BYO Lunch 1pm – 2pm / I Love America Jingo with Debbie 3pm / Close</p> |
| Monday 6/17 | Wednesday 6/19 | Friday 6/21 |
| <p>9am Meet & Greet 10am – 11am / Crocheting, Knitting, Embroidery Board Game Day! 12pm – 1pm / BYO Lunch 3pm / Close</p> | Juneteenth Senior Center Closed | <p>9am Meet & Greet 10am – 11am / Popcorn & Movie- Celebrating Juneteenth with Kyle 11am – 12pm / Alzheimer's Association Meeting 12pm – 1pm / BYO Lunch 1pm – 2pm / Nickle Bingo 1pm – 2pm / YouTube for Beginners 3pm / Close</p> |
| Monday 6/24 | Wednesday 6/26 | Friday 6/28 |
| <p>9am Meet & Greet 10am – 11am / Crocheting, Knitting, Embroidery 10am – 12pm / Local History with Larry Corbett 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / BYO Lunch 1pm – 2pm / Senior Safety with Officer Shane Ryan WPD 1pm – 2pm / Painting with Val 3pm / Close</p> | <p>9am Meet & Greet 10am – 11am / Zoo NY & Volunteer Program 11am – 11:45am / Katrina's Chair Exercises 12pm – 1pm / BYO Lunch 1pm – 2:30pm / Storytelling with Bob 3pm / Close</p> | <p>9am Meet & Greet 10am – 11am / Senior Fraud Discussion with Jerry Manor 11am – 1pm / Soda & Pizza-\$5.00 Per Person 12pm – 1pm / Book Club 1pm – 2pm / Nickle Bingo 1pm – 2pm / NCLS Library 3pm / Close</p> |