

SENIOR SCOOP

SERVING TIOGA COUNTY SENIORS

January/
February 2024

The Senior SCOOP is a bi-monthly newsletter published for all Tioga County Senior Citizens by Tioga Opportunities, Inc. and volunteer Senior Citizens.

DANCE THE NIGHT AWAY!

VALENTINE'S BALLROOM DANCE DEMONSTRATION!

Join TOI as we welcome local "Dancing with the Stars" sensations **Tim and Peggy Sayers** with a spectacular ballroom dance demo!



Wednesday, February 14th

4:00pm to 6:00pm

Countryside Community Center
9 Sheldon Guile Blvd., Owego

Don't forget to put on your dancing shoes, because once the demonstration is over, the dance floor will be open to everyone who wants to join in the fun.

Please call 607-687-4120 with questions.

In This Issue

- 1 Ballroom Dancing, Elder Law Clinic
- 2 Community Calendar and Events
- 3 AARP Tax, AARP Drivers Safety, Superb Owl Trivia, Volunteer Opportunity
- 4 MLK, Jr. Event,
- 5 Mardi Gras, Valentine Card Making, HIICAP
- 6 Menu
- 7 Memorials and Subscription
- 8 Now Leasing



Would you like free guidance from a local attorney about your legal needs?

Tioga Opportunities, Inc. offers Elder Law Clinic

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Friday, February 16th from 9:30 AM to 12:30 PM. Appointments will be offered onsite. Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns. To schedule an appointment, please call 607-687-4120, ext. 315 by 4:00 PM on February 9th. Appointments are limited, so please call today!

Community Event and Presentation Calendar

Registration is required.
Please call 607-687-4120 to save your seat.

Chair Yoga for Older Adults meets every **Wednesday** from **10:00am to 11:00am** at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

The Alzheimer's Association Support Group is offered virtually on the **3rd Tuesday of each month** at 1:30pm. For more information, call Tioga Opportunities, Inc. at (607) 687-4120 ext. 315.

BINGO for Older Adults! Join us for a friendly game of Bingo on **Friday, January 12th and Friday, February 9th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

Berkshire Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, January 5th and Friday, February 2nd** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607) 687-4120.

Spencer Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer, **Friday, January 19th and Friday, February 16th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607) 687-4120.

Just Say Yes to Fruits and Vegetables with the Food Bank of the Southern Tier on **Thursday, January 18th and Thursday, February 15th** from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low cost recipes. Call (607) 687-4120 to reserve your seat.

Waverly Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Waverly Community Methodist Church, 158 Chemung St., Waverly, **Friday, January 26th and Friday, February 23rd** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607) 687-4120.

Visit and subscribe to our Community Calendar at
<https://tiogaopp.org/community-calendar/>

Looking Ahead: There will be no Chair Yoga classes during the month of March. We will look forward to seeing everyone in April.

Scams

presented by Action for Older Persons

Join us for this informative presentation to learn more about what scams are out there and how we can better protect ourselves.

Tuesday, February 20th at 10:00 at the

Countryside Community Center

9 Sheldon Guile Blvd., Owego

For more information, call 607-687-4120 ext. 335

NY Connects is your trusted place to go for free, unbiased information and assistance for resources in Tioga County.

Visit NY Connects office hours to learn how TOI can help you!

- **Thursday, January 25th and Thursday, February 22nd** from 10:00am to 12:00pm at the Apalachin Library, 719 Main St., Apalachin.
- **Wednesday, January 3rd and Wednesday, February 7th** from 1:00pm to 3:00pm at The Red Door Café, 359 Broad Street, Waverly.

Countryside Community Center Activities

Are you looking to stay active and meet new people?

Join us for our weekly activities!

Mondays	9:00am-Noon	Ceramics
Tuesdays	9:00am-Noon	Oil Painting
	1:00pm-4:00pm	Acrylic & Watercolor
Wednesdays	10:00am-11:00am	Chair Yoga
	1:00pm-4:00pm	Cards & Games
Thursdays	12:30pm-4:30pm	Bridge
	1:00pm-3:00pm	Knitting
Fridays	9:00am-1:00pm	Quilting

Bingo! Join us the 2nd Friday of each month at 1pm.



9 Sheldon Guile Blvd., Owego 607-687-4120



Free Tax Preparation

Sign up starting
January 2nd!

Tioga County AARP Foundation Tax-Aide volunteers are IRS certified and will prepare your taxes for free. They filed about 500 returns last year, and will have a similar number of appointments available this year. They work with moderate- to low-income taxpayers, mainly those 50 and older. This service is not related to AARP magazine membership, so don't miss out. It's best to pick up and fill out the intake form ahead of time, but if that's not convenient, just come 15 minutes early to your appointment.

The phone lines open Tuesday, January 2nd - so call one of the following locations then to schedule your February, March, or April appointment:

- Waverly Historical Society Museum 607-301-1193
- Owego Coburn Free Library 607-687-3520
- Apalachin Library 607-625-3333
- Tioga Opportunities Inc. / Countryside Community Center 607-687-4222

For general questions, you can contact Peter at tax13827@gmail.com or 607-689-2787.

AARP Driver Safety Course

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus, safer driving can save you more than just money. The course teaches proven driving techniques to help you and your loved ones stay safe on the road.

Tioga Opportunities, Inc. is pleased to host the AARP Driver Safety Course on Monday, January 29th and Tuesday, January 30th from 1:30pm to 4:30pm at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

This is a six-hour course spread across two consecutive days. You must attend both days to receive the discount. The cost is \$25 for AARP members and \$30 for non-members. It is important that you call ahead to reserve your spot as walk-ins will not be accepted. On training day, you must bring your valid NY State Driver's License, AARP card (if you are a member), and a check written out to AARP for either \$25 or \$30. Participants must sign up prior to January 19th. Please call Tioga Opportunities, Inc. at 607-687-4120 to reserve your seat.



SUPERB OWL TRIVIA PARTY

THURSDAY, FEBRUARY 8TH, 1:00 PM
COUNTRYSIDE COMMUNITY CENTER,
9 SHELDON GUILLE BLVD., OWEGO

Join us for an exciting trivia event with a Super Bowl/football twist. Test your knowledge and predict which team will be crowned the 2024 Superb Owl.

Don't forget to showcase your team spirit by donning your favorite football attire!

For more information please call 607-687-4120 ext. 344.

It's going to be a hoot - don't miss out!



VOLUNTEER OPPORTUNITY

Tioga Opportunities, Inc., is looking for volunteers to serve on our Aging Advisory Council.

Be a voice for the needs of older adults and caregivers in Tioga County!

Aging Advisory Council Volunteers help with planning and developing services, and share ideas, guidance, and solutions to meet the needs of older adults in Tioga County.

The Aging Advisory Council meets monthly for approximately one hour.



If you are interested in volunteering on our Aging Advisory Council call Tioga Opportunities, Inc. at 687-4120 ext. 315.

Celebrating Dr. Martin Luther King, Jr.

Join us for lunch and be inspired by a special display of his renowned speeches, "I Have a Dream" and "Letters from Birmingham".

Friday, January 12th at Noon
Countryside Community Center
9 Sheldon Guile Blvd., Owego

There will also be an opportunity to register to vote during the event!

If you have any questions, please call 607-687-4120 ext. 315.



**EMB
REALTY**

Licensed in NY & PA



Elwyn M. Berg, GRI

Licensed Real Estate Broker

11295 State Route 38
Newark Valley, NY 13811

embrealty1@gmail.com
607-727-4386

Representing Buyers and Sellers since 1982

- ASSISTED LIVING
- SUBACUTE REHAB
- SKILLED NURSING
- MEMORY CARE

- OUTPATIENT THERAPY
- ADULT MEDICAL DAY SERVICES
- RESPITE CARE

 **elderwood**
at WAVERLY
(607) 565-2861
www.elderwood.com

BUILDING RELATIONSHIPS ON RESULTS

**CG Coughlin &
Gerhart LLP**

ATTORNEYS AND COUNSELORS

**Estate Planning
Estate Administration
Elder Law**

27-29 Lake Street, Owego, NY 13827 • 607-687-0567
www.cglawoffices.com

BINGHAMTON - ITHACA - OWEGO - BAINBRIDGE - CORTLAND
HANCOCK - MONTROSE - WALTON



Like & Follow Us
@TiogaOpportunities



RiverView
REHABILITATION AND NURSING

LG LEVENE GOULDIN & THOMPSON, LLP
ATTORNEYS AT LAW

**Elder Law • Asset Protection
Long Term Care Planning**

Elder Care Coordinator on Staff
Certified Elder Friendly

450 Plaza Dr, Vestal, NY • 607.763.9200 • LGTlegal.com



Enjoy a delicious meal, learn more about this tradition, and decorate your own mask.

Tuesday, February 13th at 11:30am

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

Please call 607-687-4120 with any questions.



Mardi Gras will be celebrated at all of the Senior Social Hours sites in Berkshire, Spencer, and Waverly during the month of February with mask decorating!

Create your own Valentine card with Owego Rotary

Join the fun with Owego Rotary to create your own Valentine greeting cards. Rotarians will be on hand to share a lively work time of transforming plain paper into special Valentine cards of your own design using shaped cutouts, stickers, pens in bright colors, a little glue, and maybe some themed rubber stamps. All the supplies will be provided. No special skills are needed, and everyone can be part of this easy and fun activity.

Wednesday, January 31st from 11:30AM to 1:30PM

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

If you have questions, please reach out to Rotarian, Carolyn Wright at 607-687-0229.

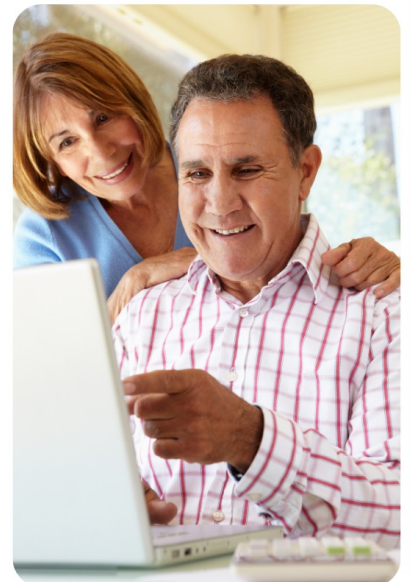
Are you having difficulty with the cost of your Medicare health care and prescription drug coverage?

There are programs available to help with these costs, if you qualify.

- If your monthly income is under \$2,280 (if single), or \$3,077 (if married), you may be eligible for help with prescription drug costs.
- If your monthly income is under \$1,697 (if single), or \$2,288 (if married), you may be eligible for additional health care benefits plus help with prescription drug costs.

TOI's trained HIICAP Counselors can provide you with free, objective information and resources about Medicare and other health insurance to help find the best plan for you!

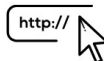
To learn more or to schedule your free appointment, call us at 607-687-4120 ext. 335



Tioga Opportunities, Inc. | 9 Sheldon Guile Blvd., Owego, NY 13827



Call us at
607-687-4120



Visit Our Website
www.tiogaopp.org



Like & Follow Us
@TiogaOpportunities



HIICAP
Health Insurance Information,
Counseling and Assistance
Program



Join us for lunch at the Countryside Community Center!

Lunch is served Monday through Friday from 11:30AM to 12:30PM.

Suggested contribution is \$5.00 for age 60 and over and a fee of \$7.00 for ages under 60.

Countryside Community Center • 9 Sheldon Guile Blvd. Owego, NY 13827 • 607-687-4120 ext. 320

If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED Happy New Year!	2 Sloppy Joe with Sweet Potato Fries	3 Mediterranean Pasta	4 Beef and Lentil Stew	5 Hot Turkey Sandwich
8 Tuscan Chicken Pasta	9 Stuffed Pepper	10 Chicken & Biscuits	11 Spaghetti & Meatballs	12 Oven Baked Chicken
15 CLOSED Martin Luther King, Jr. Day	16 Ravioli Florentine	17 <i>Breakfast for Lunch</i> Whole Grain Pancakes with Berries	18 Pork Stir Fry	19 Chicken Caprese
22 Vegetable Chili	23 Manicotti	24 Roasted Turkey & Mashed Potatoes	25 Split Pea Soup & Built Up Salad Bar	26 Beef and Mushroom Stroganoff
29 Spanish Rice with Black Beans	30 Fish Sandwich	31 Chicken & Biscuits		

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salisbury Steak	2 White Bean Rigatoni
5 Cannellini with Orzo	6 Chicken Patty Sandwich	7 Swedish Meatballs	8 Cabbage Rolls	9 CLOSED Staff Training Day
12 Beans & Greens	13 Vegetable Lasagna	14 Chicken Chili with Cornbread	15 Herb Crusted Fish with Winter Squash	16 Ham & Scalloped Potatoes
19 CLOSED President's Day	20 Turkey Burger with Roasted Root Vegetables	21 <i>Breakfast for Lunch</i> Quiche	22 Shepherd's Pie	23 Spaghetti & Meatballs
26 Meatloaf with Baked Potato	27 Manicotti	28 Roasted Pork with Mashed Potatoes	29 Italian Wedding Soup & Built Up Salad Bar	

Remembering Wayne Maki



It's with great sadness that we share the unexpected passing of volunteer, Wayne Maki, on October 24th 2023. Wayne came to TOI in 2016 looking for a way to use his time and make an impact in his community. He became a volunteer driver in TOI's Home Delivered Meals program where he faithfully served up until the time of his passing.

Wayne was a well-respected and admired member of the Candor community. He was involved in youth sports coaching and served in a Big Brothers program while living in California. Many young adults have noted that Wayne was a positive mentor and role model who made significant impacts on their lives.

Wayne was a dedicated and reliable volunteer, often taking on additional routes or filling in for other volunteers when needed. Our customers always looked forward to a hot meal and friendly visit from the "kind man with the leather hat." He took great care in getting to know his HDM customers, alerting our team to concerns with their safety and wellbeing and advocating for additional resources to meet their needs.

Wayne was a regular at the Countryside Community Center. Known for his sense of humor, you could often find him sitting and enjoying a cup of coffee while he waited for his delivery bags, or playing cards with the bridge group.

He was honored by the New York State Office for the Aging on Older New Yorkers Day in 2022 for his exceptional and significant contributions to his community through his volunteerism. Wayne was very proud and humbled by this recognition.

Please join us in as we remember a remarkable and unforgettable man, our friend and colleague, Wayne Maki.

Memorials in Wayne's honor have been made by:

Chris Sabol

George & Donna Mundt

RICHARDS FUNERAL HOME, INC.

3670 Waverly Rd
Owego, NY 13827
(607)687-3210

ESTEY, MUNROE & FAHEY

FUNERAL HOME

Owego Candor
687-1775 659-5507

Don't Miss an Issue of The Senior Scoop! Subscribe Today!

Direct mail and email subscriptions are available for a suggested annual contribution of \$10.00. No one will be denied a newsletter due to an inability or unwillingness to contribute. Fill out the information below and return it to Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego, NY 13827.

I WOULD LIKE TO:

☐ Receive the Senior Scoop in my MAILBOX. ☐ Receive the Senior Scoop in my EMAIL.

I'd like to make the suggested contribution of \$10 for the Senior Scoop: \$ _____

I'd like to make a donation to Tioga Opportunities, Inc. in the amount of: \$ _____

Name: _____

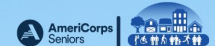
Address: _____

City: _____ State: _____ Zip Code: _____

Make Giving Back Your Second Act.



JOIN TODAY!
VOLUNTEER DRIVERS NEEDED



607-687-4120



Looking to downsize? Tired of costly home repairs and upkeep?

*Tioga Opportunities, Inc. offers safe, independent,
income based housing* for residents ages 62+ or
people with disabilities ages 18+.*



**CALL
NOW** Schedule
a tour
and see all we
have to offer!
607-687-0707

Special features and recently updated modern amenities

- Locally owned and operated
- Smoke free & pet friendly
- Secure online rental payment option
- On-site laundry & parking
- Safe & secure controlled entry buildings with updated security systems
- Elevators within building
- Spacious 1 & 2 bedroom apartments located in Owego, Nichols, & Waverly, New York
- Inside mailboxes
- Modern appliances
- Within minutes of shopping, banking, restaurants, and access to major highways
- Emergency pull cords located in bathrooms and bedrooms

Assistance may be available to residents for rent and utilities.
*Income guidelines are subject to change yearly.



For more information and applications, contact:

Call us at
607-687-0707
TDD: 607-687-5905

http:// Visit Our Website
www.tiogaopp.org



8 Senior SCOOP

SENIOR SCOOP - Editorial Policy

Tioga Opportunities, Inc. reserves the right to review and approve all articles and paid advertising submitted for publication. There are no implied or actual endorsements by Tioga Opportunities, Inc. of products or services advertised in this publication.

Activities sponsored by senior clubs and other senior organizations are printed on a space-available basis.

Tioga Opportunities, Inc. can be contacted by mail at: 9 Sheldon Guile Blvd., Owego, NY 13827.

Tioga Opportunities, Inc., is an equal opportunity employer and service provider and does not discriminate on the basis of race, religion, sex, national origin, age, disability, political affiliation or sexual preference or any other unlawful basis. Aging Services funding is provided by New York State Office for the Aging, Tioga County, participant contributions, private foundations, and community service groups.

«AddressBlock»

RETURN SERVICE REQUESTED



Tioga Opportunities, Inc., Family Services Dept.
9 Sheldon Guile Boulevard
Owego, New York 13827
Phone 607-687-4120

Non-Profit Org.
U.S. Postage Paid
Permit No. 13
Owego, NY 13827

