

A night sky with the Milky Way galaxy visible as a bright, pinkish-purple band of light. Below the sky, a mountain range is visible, with snow-covered peaks and dark evergreen trees in the foreground. The entire image is framed by a white border.

Jefferson County Office for the Aging

December 2025 Newsletter

Photo by [Benjamin Voros](#) on [Unsplash](#)

Give

Bills

Cards

Drive

Music

Party

Santa

White

Dinner

Eggnog

Family

Flight

Lights

Movies

Secret

Bonuses

Cookies

Engaged

Services

Caroling

Nativity

Shopping

Specials

Christmas

Mistletoe

Salvation

Stockings

Artificial

A Time To Appreciate

10 Holiday Home Food Safety Tips

Enjoying food with family and friends is one of the highlights of the holiday season!

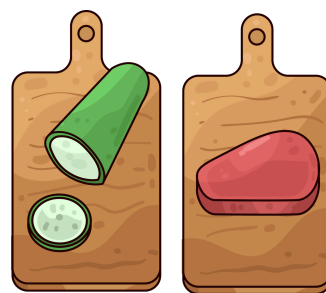
Easy-to-follow, safe food handling practices help protect everyone in the family from getting sick from food borne illnesses.

- **Defrost carefully.** Never allow foods to thaw at room temperature, on the counter or in warm water. Defrost food only in the refrigerator, microwave or in a cool water bath (inside a leak-proof plastic bag) with water that is changed every 30 minutes. When defrosting food in the refrigerator, remember to cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. When thawing food in the microwave, cook it immediately afterward.



- **Wash hands before, during and after food preparation.** Proper hand-washing may eliminate a large percentage of food poisoning cases. Remember to wash hands when switching tasks, such as handling raw meat and then cutting vegetables. Wash hands with soap in clean, running water for at least 20 seconds.
- **Keep kitchen surfaces clean.** Use hot, soapy water to wash countertops and surfaces, cutting boards, refrigerator door handles and utensils. After tidying up, keep it clean by avoiding cross-contamination.

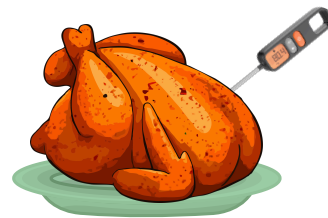
- **Use two cutting boards.** Dedicate one for raw meat, poultry and fish and the other for ready-to-eat foods, such as fruits and vegetables. Make it easy to remember by using color-coded cutting boards, one for raw meats and one for ready-to-eat foods.



- **Employ different utensils for different tasks.** Use separate spoons and forks to taste, stir and serve food.
- **Resist temptation.** When baking, avoid eating foods containing raw eggs or uncooked flour, such as cookie dough or cake batter. These ingredients may contain bacteria that can lead to food poisoning if not cooked first.



- **Buy and use a food thermometer.** It is the only reliable way to determine the doneness of your food and ensure that food is cooked to proper internal temperatures. (Do not rely on "clear juices" to tell that the turkey is done.)



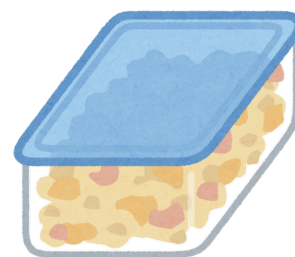
- **Refrigerate food within two hours of serving.** This helps to prevent the growth of harmful bacteria that can lead to food poisoning and is especially important when serving buffets. Use a refrigerator thermometer and make sure it's set at below 40°F.

- **Know how to handle mold.** Discovering your ingredients have gone bad can be disappointing, but don't put your family or guests at risk by serving food that may make them ill. A few foods, such as firm fruits and vegetables and hard cheese, can still be used if you remove about one inch around the moldy spot. Soft fruits, vegetables, cheeses, casseroles and any foods with a high moisture content, such as bread, jam or yogurt, should be discarded if it begins to mold.



- **Practice kitchen safety.** Ensure your kitchen is ready with the tools and resources you need before the big event.

Holiday meals often bring leftovers. Perishable food should not be left at room temperature for more than two hours. Refrigerate or freeze leftovers within two hours of serving or throw them out. In hot weather, when 90°F or above, refrigerate or toss food within one hour of serving. Use an appliance thermometer to check that the refrigerator is cooling to 40°F or below and the freezer is 0°F or below. Store leftovers in shallow containers. Reheat leftovers to 165°F.



When in doubt, throw it out!

Adapted with permission from the Academy of Nutrition and Dietetics, 10 Holiday Home Food Safety Tips , Copyright September 13, 2023, Link access <https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/10-holiday-home-food-safety-tips>, 11/17/25



Senior Community Meal Sites

❖ Alexandria Bay ❖

Gordon Courts- 39 Bolton Avenue, Alex Bay, NY 13607
Mon / Wed / Fri: 11 am - 1 pm / To Reserve Contact Trinity at (680) 222-7038

❖ Black River ❖

American Legion Post 673- 113 East Dexter Street, Black River, NY 13612
Thursday's: 11 am - 1 pm / To Reserve Contact Trinity at (680) 222-7038

❖ Calcium ❖

Calcium Community Church- 26816 NY State Route 342, Calcium, NY 13616
Tuesday's: 11 am - 1 pm / To Reserve Contact Roger Keltner at (315) 771-3616

❖ Chaumont ❖

The Copley House- 12030 NY State Route 12E, Chaumont, NY 13622
2 Mondays a Month: 11 am - 1 pm
To Reserve Contact: Jim Morrow at (315) 405-5074 (Main) / Kathie Karr at (315) 778-3672

❖ Clayton ❖

The Paynter Center- 914 Strawberry Lane, Clayton, NY 13624
Tue/ Thu/ Fri: 11 am - 1 pm / To Reserve Contact Sandi Baril at (315) 686-3553

❖ Watertown ❖

Watertown Senior Center- 167 Polk Street Watertown, NY 13601
Mon / Wed / Fri: 11 :30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

Midtown Towers- 142 Mechanic St. Watertown, NY 13601
Monday's & Thursday's: 11 :30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

Skyline Apartments- 454 Mill St. Watertown, NY 13601
Tuesday's & Thursday's: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

Centennial Apartments- 1010 Washington St. Watertown, NY 13601
Wednesday & Friday: 11:30 am - 12:30 pm / To Reserve Contact Trinity at (680) 222-7038

Join Us For



Santa For Seniors

Santa for Seniors is a community wide project in which the Jefferson County Office for the Aging, Z93, & Froggy 97 have partnered together with local sponsors to spread holiday cheer to seniors in the community who will be spending Christmas without friends or family.

HOW CAN YOU HELP?

TO SPONSOR A SENIOR VISIT
[HTTPS://SANTAS4SENIORS.COM/](https://santas4seniors.com/) TODAY!

WHEN SPONSORING A SENIOR PLEASE KEEP IN MIND:

- 1) ALL PRESENTS MUST BE WRAPPED UPON DELIVERY
- 2) EACH INDIVIDUAL PRESENT MUST INCLUDE A VISIBLE TAG INDICATING THE SENIOR'S CODE AND NAME
- 3) ALL PRESENTS MUST BE DELIVERED TO THE Z93 STATION AT
134 MULLIN STREET WATERTOWN, NY 13601
ON EITHER OF THE SCHEDULED DROP OFF DAYS

.....
SATURDAY, DECEMBER 6TH

&

SATURDAY, DECEMBER 13TH
.....

10 AM - 1 PM

PLEASE NOTE IF YOU'RE UNABLE TO MAKE EITHER DROP-OFF DAY,
PLEASE CONTACT Z93 TO SCHEDULE AN APPOINTMENT.

Let Us Shine A Light On Medicare!

Are you turning 65 or about to become Medicare eligible and don't know where to start?

What does Medicare A, B, C and D cover?

What is the difference between Original Medicare and Advantage Plans?

How much will Medicare cost?

Could you qualify for premium assistance or help with your drug costs?

Who can you call for unbiased help to get answers to your questions about Medicare?

The Jefferson County Office for the Aging Health Insurance Information, Counseling and Assistance Program (HIICAP) can help answer your questions.

Call (315) 785-3191 to speak with a HIICAP counselor

This project was supported by a grant from the U.S. Administration for Community Living



HEAP opened November 24th

The Home Energy Assistance Program (HEAP) opened November 24th, 2025.

- You must fill out the application- listing **all** persons in the household and provide proof of income for each person, current vendor account numbers, sign the application and return it with documentation to the OFA. (Include checking /savings interest for the 2025 incoming year)

Identity: Photo ID / Driver's License / U.S. Passports

Residence: Statement from Landlord / Mortgage Records / Rent Receipt Lease

Earned Income: Latest 4 Weeks Pay Stubs / Tax Records for Self-Employment / Rental Income from Room & Board

Bank Accounts: Checking's / Savings / IRA / Stocks & Bonds / Life Insurance

SSI Income: Pension / Annuity

- Copies must be clear and legible. We can make copies in our office if needed.
- Please use the 2025 amounts from your Social Security and Pension award letters.
- We will review applications in the order that they are received and will call you with any questions that we may have.
- If you are low on fuel/ wood or have a disconnect notice **PLEASE** let us know at the time you are submitting your new or early outreach application. **Benefits cannot be sent to the vendors until the program opens.**

Note: You will be responsible for any deliveries prior to receiving your HEAP benefit. Call if you have any questions!

This program is dependent on funding from the Federal Government

Income Guidelines per Household

1 Person – \$3,473

2 Person – \$4,542

3 Person – \$5,611


4 Person – \$6,680

Individuals who may be eligible for HEAP according to the above guidelines are encouraged to apply. Now is the time to plan.

Don't wait until the cold sets in to wonder how you can receive assistance with your heating bills.

Don't be forced to choose between warmth, food, and prescriptions.

If you have any questions call the HEAP department at the Jefferson County Department of Social Services at (315) 785-3229, or contact the Office for the Aging for help with paperwork at (315) 785- 3191 and ask for Mac.



CLUE SEARCH PUZZLES.

		V	
--	--	---	--

			L	
--	--	--	---	--

C				
---	--	--	--	--

	R			
--	---	--	--	--

	U			
--	---	--	--	--

				Y
--	--	--	--	---

				A
--	--	--	--	---

				E
--	--	--	--	---

	1				
--	---	--	--	--	--

			N		
--	--	--	---	--	--

				L	
--	--	--	--	---	--

				H	
--	--	--	--	---	--

			H		
--	--	--	---	--	--

	0				
--	---	--	--	--	--

				E	
--	--	--	--	---	--

		N				
--	--	---	--	--	--	--

	0					
--	---	--	--	--	--	--

				G		
--	--	--	--	---	--	--

	E					
--	---	--	--	--	--	--

C							
---	--	--	--	--	--	--	--

			1				
--	--	--	---	--	--	--	--

		0					
--	--	---	--	--	--	--	--

						L	
--	--	--	--	--	--	---	--

		R					
--	--	---	--	--	--	--	--

					E			
--	--	--	--	--	---	--	--	--

				A				
--	--	--	--	---	--	--	--	--

							G	
--	--	--	--	--	--	--	---	--

[illegible]

Answers on back of first page

Use the words from the last page to fill out the word search!

K	E	H	N	A	R	T	I	F	I	C	I	A	L	R
E	O	T	E	L	T	S	I	M	S	S	L	B	J	S
E	O	C	G	Y	M	S	Y	E	A	Y	I	O	S	A
V	T	I	T	O	E	T	I	L	G	E	G	N	L	M
J	V	R	V	R	I	K	V	G	N	G	H	U	L	T
E	A	I	V	V	O	A	N	H	I	G	T	S	I	S
P	E	I	I	O	T	I	I	E	L	N	S	E	B	I
S	C	T	C	I	P	O	S	M	O	O	I	S	T	R
E	A	E	O	P	R	L	G	L	R	G	Y	T	H	H
N	K	N	O	S	D	R	A	C	A	C	L	E	G	C
S	Y	H	D	I	N	N	E	R	C	I	I	R	I	E
W	S	S	L	A	I	C	E	P	S	S	M	C	L	T
S	R	E	D	E	G	A	G	N	E	U	A	E	F	I
D	R	I	V	E	A	T	N	A	S	M	F	S	A	H
S	B	O	S	G	N	I	K	C	O	T	S	D	N	W

Enter the unused letters from the puzzle, in order:

Copy boxed letters to form your hidden message:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



What is the Aggressive Stage of Dementia?

Written by Trualta | August 16th, 2025

Has your loved one suddenly become angry, restless, or even violent? You're not alone if you see behaviors that feel completely out of character, like yelling, hitting, or swearing. Many caregivers are surprised and scared by this phase of dementia, which often appears in the middle to later stages of the disease.

You might be wondering: How long will this last? When will things get better? These are normal questions that every family facing dementia aggression asks.

Aggression in dementia can look different from person to person. For some, it may be yelling or cursing at family members. For others, it might involve pushing or hitting. These behaviors are usually not intentional and result from changes in the brain.

Types of Aggression

During this stage, a person with dementia symptoms may show different types of aggression:

Physical Aggression

- Hitting, slapping, or punching
- Kicking during personal care
- Biting or scratching
- Pushing people away
- Throwing objects

Verbal Aggression

- Shouting or screaming
- Using curse words (even if they never did before)
- Making threats
- Calling names
- Refusing to cooperate with angry words

Sexual Aggression

- Inappropriate touching
- Making sexual comments
- Exposing themselves
- Unwanted sexual advances

Property Destruction

- Breaking things when angry
- Tearing up papers or clothes
- Throwing food or drinks
- Damaging furniture

It's important to remember that these behaviors are symptoms of the disease, not a choice your loved one is making.

When Does Aggression Usually Start?

Aggressive behavior often begins in the middle stage or the later stage of dementia. As memory and thinking decline, people become more confused and less able to express their needs. They may react with agitation or aggression if they're in pain, frightened, or overwhelmed.

The timing of aggression starting varies depending on:

- The type of cognitive impairment they have (Alzheimer's disease, frontotemporal dementia, etc.)
- How fast the cognitive decline is happening
- Stressful recent events in their surroundings
- Other health problems they might have
- Their personality before getting sick

Different Types of Dementia, Different Timing

- **Alzheimer's disease:** Aggression usually appears in the middle to final stages. A patient with Alzheimer's is more likely to be physically aggressive than those with other types of cognitive decline.
- **Frontotemporal dementia:** Behavioral changes, including aggression, often happen early, sometimes even before memory problems start.
- **Vascular dementia:** Aggression timing depends on which parts of the brain are affected by strokes or blood vessel problems.
- **Lewy Body dementia:** May include aggression along with hallucinations and movement problems.

How Long Does The Aggressive Stage Last?

Unfortunately, there's no simple answer to "how long does the aggressive stage of dementia last?" Some people may experience aggressive episodes for a few weeks or months. Others may go through a longer period of 1 to 2 years where aggression comes and goes.

Several factors influence how long the aggressive stage lasts:

- **Your loved one's overall health:** Those with multiple health problems may struggle longer.
- **Quality of care:** A calm, structured environment can shorten aggressive phases. Good pain management reduces aggression. Proper nutrition and sleep help stabilize a mood swing.
- **Identifying and reducing triggers:** Removing triggers can shorten the overall aggressive period.
- **Medical treatment:** Medications to manage symptoms may help. Treating an underlying diagnosis (like UTI or pain) can stop aggression.
- **Family support:** Strong family support and proper caregiver training help. Stressed, overwhelmed caregivers may see longer aggressive periods.

Signs You May be In The Aggressive Stage

It's important to know that aggression often comes in waves rather than lasting continuously. This up-and-down pattern doesn't mean you're doing anything wrong.

You might see:

- Several difficult days followed by calm periods
- Aggressive episodes that happen at certain times (like evenings)
- Triggers that cause sudden outbursts
- Good days and bad days that seem unpredictable

Early Warning Signs

- Getting upset more easily than before
- Becoming suspicious of a family member
- Resisting help with everyday activities such as bathing and dressing
- Pacing or restlessness, especially in the evening
- Sudden mood changes

Clear Aggressive Behaviors

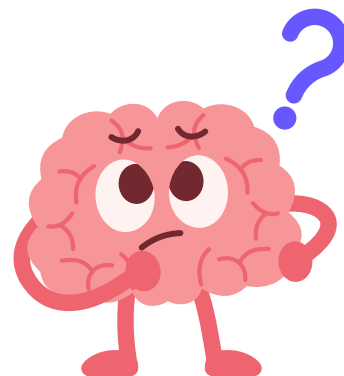
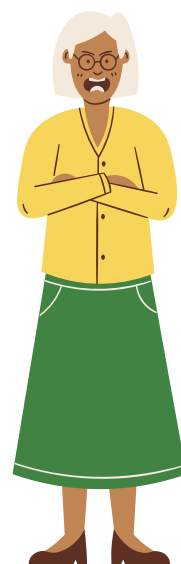
- Sudden outbursts of yelling or swearing
- Physical resistance to care (pushing away during a bath)
- Paranoia, such as accusing others of stealing
- Physical violence, like hitting or kicking
- Sudden mood changes

Sundowning Aggression: Many older people with dementia get more confused and aggressive in the late afternoon and evening. This is called “sundowning.” You might notice your loved one becoming more agitated as the day goes on.

Why Aggression Happens in Dementia

Understanding why this happens can help reduce your fear and guilt. The brain changes caused by dementia affect:

- Emotional control
- Judgment and reasoning
- The ability to communicate needs
- Recognition of familiar people and places



Common Triggers for Aggression

Think of aggression as a form of communication or a sign that something is wrong. Common triggers include:

Physical Discomfort

- Pain (they may not be able to tell you it hurts)
- Hunger, thirst, or needing the bathroom
- Being too hot or too cold
- Illness or infection (especially UTIs in older adults)
- Medication side effects

Emotional Triggers

- Feeling scared or confused
- Being rushed
- Loss of independence
- Not understanding what's happening
- Feeling embarrassed

Care-Related Triggers

- Being touched without warning
- Personal care activities (bathing, dressing)
- Being corrected or argued with
- Feeling like they've lost control

Environmental Triggers

- Loud noises or too much activity
- Bright or flickering lights
- Crowded spaces
- Unfamiliar places or people
- Changes in routine

4 Ways to Help (and Protect Yourself)

1. Stay Calm & Safe

Your Safety First:

- Never try to physically hold down or restrain the person unless absolutely necessary
- Step away if you feel threatened and leave the room if needed
- Keep dangerous objects (like knives, tools, or breakable items) out of reach
- Have a safety plan for emergencies

Stay Calm

- Try deep breathing before responding
- Keep your voice low and gentle
- Don't take the aggression personally, it's the disease, not your loved one
- Remember that they're not trying to hurt you on purpose

2. Reduce Triggers

Create a Calm Environment:

- Keep the home quiet and peaceful
- Use soft lighting, especially in the evening
- Play gentle, familiar music
- Remove clutter and confusing objects
- Maintain a predictable daily routine

Avoid Overstimulation:

- Limit visitors to one or two at a time
- Avoid crowded places like busy stores
- Turn off loud TVs or radios
- Keep activities simple and familiar

Prevent Physical Discomfort

- Make sure they're not in pain
- Keep them well-fed and hydrated
- Help them use the bathroom regularly
- Dress them comfortably
- Check for signs of illness



3. Use Gentle Communication

How to Talk During Aggressive Episodes

- Speak in a soft, calm tone
- Use simple, short sentences
- Don't argue or try to reason with them
- Avoid saying "Don't you remember?" or "You just did that."
- Use their name to get their attention

What Not to Say:

- "Calm down!"
- "You're wrong."
- "Don't be silly."
- "Why are you acting this way?"



What to Say:

- "You're safe."
- "I'm here to help."
- "Let's sit down together."
- "Would you like some water?"

4. Offer Comfort & Distraction

Soothing Activities:

- Play their favorite music from when they were young
- Show them photo albums
- Offer a favorite snack or drink
- Give them something soft to hold (like a stuffed animal or blanket)
- Go for a gentle walk if they're able

Redirection Techniques:

- Change the subject to something pleasant
- Move to a different room
- Start a simple activity they enjoy
- Look out the window together
- Pet a calm dog or cat if available

Safety Planning: Protecting Everyone

Remove Dangerous Items:

- Lock away knives, tools, and sharp objects
- Remove breakable decorations
- Secure cleaning supplies and medications
- Install safety locks on doors if needed

Create Safe Spaces:

- Have a calm room they can go to
- Remove tripping hazards like loose rugs
- Install grab bars in the bathrooms
- Use nightlights to prevent falls

Emergency Planning:

- Keep important phone numbers handy
- Know when to call 911
- Have a neighbor or a family member you can call for help
- Consider a medical alert system

When To Call For Emergency Help, Call 911 if: Someone is seriously injured, the person is threatening to hurt themselves or others. You feel unsafe and can't calm the situation, the person has a weapon, or they're having a medical emergency



When It's Time to Ask for Professional Help

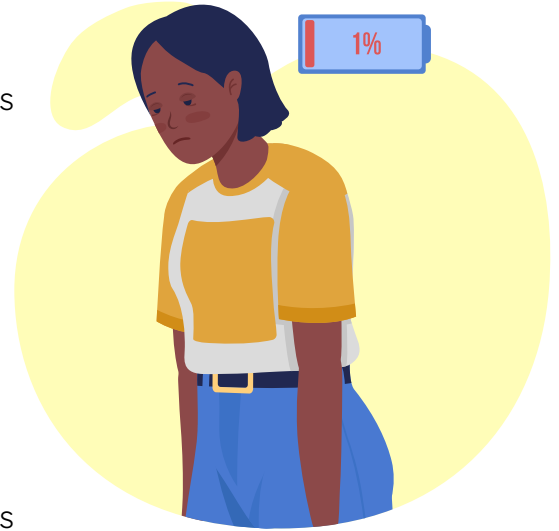
Caring for someone during the aggressive stage is physically and emotionally exhausting. By getting help, you're choosing safety for everyone. Professional caregivers are trained to handle aggression. You can still be involved in their care, and taking breaks helps you be a better caregiver.

Warning Signs That Indicate You Need Help

- You feel unsafe in your own home
- Your loved one is a danger to themselves or others
- You're exhausted, depressed, or overwhelmed
- Your own health is suffering
- You're having thoughts of hurting yourself or your loved ones
- Other family members are afraid to visit

Recognizing Caregiver Burnout

- You feel unsafe in your own home
- Your loved one is a danger to themselves or others
- You're exhausted, depressed, or overwhelmed
- Your own health is suffering
- You're having thoughts of hurting yourself or your loved ones
- Other family members are afraid to visit



Key Takeaways

Seeing a loved one become aggressive can be heartbreaking and confusing. Remember that this is a disease symptom, not a reflection of your caregiving or relationship.

- Aggression is common in dementia, and you're not alone
- It's usually temporary, though the timing varies
- It's not your fault or their fault
- There are ways to reduce and manage it
- Professional help is available
- Taking care of yourself is just as important

Every family's journey with dementia is different. There's no perfect way to handle this. Small improvements matter. Bad days don't last forever. You deserve support and help.

Take breaks when you can. Ask for help when you need it. Connect with other caregivers who understand. And above all, know that you're providing love and care during one of the most difficult times in your loved one's life.

The aggressive stage of dementia is challenging, but with the right support, understanding, and resources, you can get through it safely. Your loved one is lucky to have someone who cares enough to learn about their condition and seek help.



Department of State
Office for New Americans



KNOW YOUR **RESOURCES**

KNOW YOUR RIGHTS

Resources are available to everyone,
including immigrants:

dos.ny.gov/know-your-rights



New Americans Hotline:



1-800-566-7636

Monday – Friday, 9 AM – 8 PM EST
MULTI-LINGUAL AND ANONYMOUS



To share information regarding
federal government action
in New York State:

ag.ny.gov/federal-actions-form





Watertown Caregiver Support Group

Presented by: Alzheimer's Association

Central New York

Fourth Tuesday of the month

4:30 - 5:30 p.m.

Samaritan Summit Village

22691 Campus Drive

Watertown NY 13601

Must call number below for screening and registration

315.472.4201 x227

Visit www.alz.org/cny to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping
- Share feelings, needs and concerns.
- Learn about community resources.

This program is supported, in part, by a grant from the New York State Department of Health.

ALZ TALKS

Join us for ALZ Talks, a webinar series by the Alzheimer's Association®, delivering essential education, information, news, and resources on a wide range of Alzheimer's and dementia topics. Gain insights from leading experts on brain health, research, treatment, and caregiving—all from the comfort of your home. Enjoy the flexibility to watch live or on-demand, at your convenience.

UPCOMING TOPICS INCLUDE:



Tome control de su salud cerebral

18 de diciembre | 10:00 a.m. CT

Las acciones que tomamos todos los días pueden tener un impacto en nuestra salud cerebral. Acompáñenos para aprender sobre pasos positivos que puede tomar a cualquier edad para proteger la memoria y la cognición. ¡Nunca es demasiado temprano ni tarde para crear hábitos saludables para su cerebro! Este webinar es patrocinado por Procter & Gamble y Lantheus.



Take Charge of Your Brain Health

January 29, 2026 | 10:00 a.m. CST

Join us to learn how everyday actions can impact brain health, including memory and thinking. Explore new tools and resources from the Alzheimer's Association to check your habits and discover positive steps you can take to protect your brain. It's never too early or too late to build brain-healthy habits. This webinar is supported by Lantheus.

Scan the QR code or visit alz.org/alztalks to register for an upcoming webinar today!



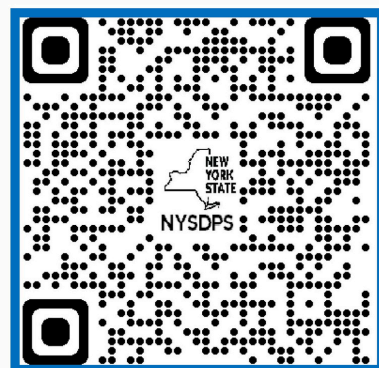


*NEED
HELP
WITH
WINTER
UTILITY
BILLS?*

Learn about
programs that can
protect your services
and assist you in
managing your bills.

Scan the QR code below
to visit our website

www.dps.ny.gov/winter



Or call
1-800-342-3377



Department
of Public Service

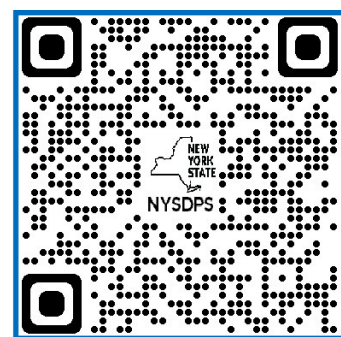


**¿NECESITAS
AYUDA CON
LAS
FACTURAS
DE SERVICIOS
PÚBLICOS
DEL
INVIERNO?**

**Infórmese sobre los
programas que
pueden proteger
sus servicios y
ayudarlo a manejar
sus facturas.**

Escanear el código QR
para visitar

www.dps.ny.gov/winter



o llame
1-800-342-3377



Department
of Public Service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Bingo 11:00 Balanced Boxing 1:00 Card Making With Golda 6:30 Arrhythmias Holiday Music	2 10:00 Boomers 11:15 Zoomers 12:00 Lunch	3 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair Exercise 1:00 Tai Chi 2:00 Grief Share	4 10:00 Boomers-Circuit 11:15 Zoomers 12:00 Lunch	5 10:00 Bingo 10:00 Thrift Shop & Dollar General	6 5:30 Bus Pickup Clayton Christmas Parade
7 10:00 Bingo 11:00 Balanced Boxing 1:00 Snowman Craft with Sharon	8 9:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers 12:00 Lunch	9 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair Exercise 1:00 Tai Chi 2:00 Grief Share	10 10:00 Boomers 10:00 Holiday Painting w Cathy 11:15 Zoomers 12:00 Lunch	11 10:00 Bingo	12 6:30 Bus Opera House 10 th Mtn Holiday Concert	13
14 10:00 Bingo 11:00 Balanced Boxing	15 10:00 Boomers-Circuit & Holiday Sock Exchange 11:15 Zoomers 12:00 Lunch	16 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair Exercise 1:00 Tai Chi 2:00 Grief Share	17 9:00 Price Chopper Shopping 10:00 Boomers & Holiday Party 12:00 Lunch	18 10:00 Bingo 10:00 Thrift Shop & Dollar General 5:00 Paynter Board Sponsored Holiday Dinner & Music by Alexandra Ives	19	20
21 10:00 Bingo 11:00 Balanced Boxing	22 9:00 Evans Mills Shopping 10:00 Boomers 11:15 Zoomers CANCELLED 12:00 Lunch	23 9:00 Clayton Shopping 10:00 Christmas Coffee Hour 11:00 Youtube Chair Exercise	24 9:00 Clayton Shopping 10:00 Christmas Coffee Hour 11:00 Youtube Chair Exercise	25 Center Closed Merry Christmas Christmas	26 10:00 Bingo Boxing Day (Canada) Kwanzaa Begins	27
28 10:00 Bingo 11:00 Balanced Boxing	29 10:00 Boomers 11:15 Zoomers CANCELLED 12:00 Lunch	30 9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair Exercise	31			

December 2025

PAYNTER CENTER



Call the Center to sign up for Classes 315-686-3553 or email: payntercenter@gmail.com

New Year's Eve

Hanukkah Begins

Winter Begins

Watertown Senior Center December Calendar

Monday 12/1	Wednesday 12/3	Friday 12/5
10am / Cookie Decorating (Sign Up Required) 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / CCE Fruit & Vegetable Subscription (Week 2) w/ Tajlor 1pm / Christmas Crafts w/ Lou Ann & Karen (Sign Up limit 10)	10am / Nickel Bingo 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 1pm/ Cardio Drumming 	10am / Crafts w/ Upside Down Barb (Sign Up Limit 8) 10am / Discover Live Tour- Holiday in Heidelberg, Germany 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi (Sign Up at Front Desk- Limit 15)
Monday 12/8	Wednesday 12/10	Friday 12/12
10:30am / Card Making w/ Ginger 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12pm / Evangelization Team of Blessed Sacraments Luncheon- (Sign Up at Front Desk) 12:30pm / Basic Sign Language with Jean 1pm / CCE Fruit & Vegetable Subscription (Week 3) w/ Tajlor	10am / Trivia w/ Mike & CeCe 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 1pm / Cardio Drumming	10am / Crafts w/ Upside Down Barb (Sign Up Limit 8) 10am / Discover Live Tour - Holiday in Strasbourg, France 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / \$5 Pizza Party (Sign Up at Front Desk) 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi
Monday 12/15	Wednesday 12/17	Friday 12/19
10am / Christmas Trivia w/ Carol & CeCe 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Legal Aid Presentation and Q & A w/ Laura 1pm / CCE Fruit & Vegetable Subscription (Week 4) w/ Tajlor	10am / Sewing w/ Sharon (Making Draft Dodgers- Limit 6) 11am / Parkinson's Support Group 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm/ Potluck Birthday Lunch w/ Dennis Marshall 1pm / Cardio Drumming	10am / Sewing w/ Sharon (Previous Sign Up Required) 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / Ice Cream Social 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi
Monday 12/22	Wednesday 12/24	Friday 12/26
10am / Song Burst 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12pm - 3pm/ Christmas Party - Wear Your Favorite Christmas Sweater 1pm / CCE Fruit & Vegetable Subscription (Week 5) w/ Tajlor 	10am / Christmas Movie w/ Snacks 11am /Chair Exercise 12pm / OFA Lunch or BYO Lunch 1pm / Cardio Drumming	10am / Games 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Family Fued
Monday 12/29	Wednesday 12/31	
10am / World Games w/ Mike 11am / Cardio Drumming 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / CCE Fruit & Vegetable Subscription (Week 6) w/ Tajlor	10am / Song Burst 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / New Years Eve Party- Bring Snacks to Share	Every Day- 9am Meet & Greet Every Day- 3pm Close Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required