



Jefferson County
Office for the Aging

February 2026 Newsletter

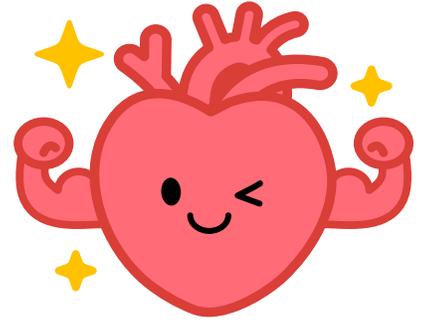
Photo by [Shannon Baldwin](#) on [Unsplash](#)

Red
Card
Date
Kiss
Song
Alone
Candy
Cupid
Heart
Poems
Roses
Admirer
Dancing
Engaged
Flowers
Jewelry
February
I Love You
Presents
Romantic
Aphrodite
Chocolate
Moonlight
Girlfriend
Sweetheart
Valentines
Candlelight
Romeo and Juliet

Be Mine Valentine

25 Heart- Healthy Eating Tips

Certain foods can lower your risk of heart disease or help to manage it, while other foods may increase your risk. Try these tips for preparing heart-healthy meals.

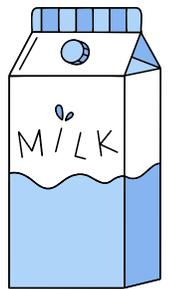


Choose Healthier Types of Fat and Cooking Methods

- Use small amounts of oils, such as canola and olive, in recipes and for sautéing.
- Make your own salad dressings with olive or flaxseed oil.
- Blend mashed avocado into dips or use small amounts to add flavor to dishes.
- Try different ways of cooking foods, such as baking, broiling, grilling, steaming and poaching to add variety.

Limit Saturated Fat

- If you eat meat, select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name and drain the fat off cooked, ground meat.
- Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk.
- Move toward using lower-fat milk and yogurt. Start with 2% products, then move to 1% and finally to fat-free to adjust to the new taste.
- Choose skinless poultry or remove the skin before eating chicken or turkey.
- Check the Nutrition Facts label on food packaging for saturated fat content and to see if trans fat or partially hydrogenated oils are listed. Food manufacturers have removed trans fats from their products, but some foods with longer shelf-life dates — such as cakes, cookies, crackers, pastries, pies, muffins and donuts — may still contain them. These foods also are sources of added sugars and should be limited for that reason, as well.



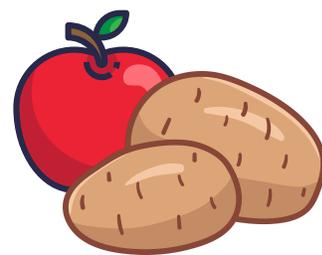
Eat Foods Containing Omega - 3 Fatty Acids

- Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings, too.
- Eat two 4-ounce portions of fatty fish each week. Some options include salmon, lake trout, canned light tuna (in water), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s, so their eggs will contain more as well. When buying eggs, check the package label.



Include Sources of Dietary Fiber Throughout the Day

- Include plant-based foods as sources of protein, including tempeh, beans, lentils, seeds and nuts.
- Make half your plate fruits and vegetables at each meal.
- Opt for whole fruits and vegetables instead of 100% fruit juices more often and don't discard edible peels. Removing the peels on produce, such as apples and potatoes, lowers their fiber content — just be sure to wash them before preparing or eating.
- Choose whole grains instead of refined grains whenever possible.



Reduce Salt (Sodium)

- Prepare foods at home more often so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Skip the table salt and be mindful when adding other higher-sodium condiments such as soy sauce, ketchup, pickles and olives to your food at the table.
- When choosing canned foods, select “reduced-sodium” or “no-salt-added” soups and vegetables.
- Check the Nutrition Facts label for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.



STAY PREPARED FOR WINTER

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



Scan the QR code to visit
our website
www.dps.ny.gov/winter



Or call
1-800-342-3377

MANTENTE PREPARADO PARA EL 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

Medicare Advantage Open Enrollment Period (MA OEP)

January 1st - March 31st

**This period applies to those who are
already enrolled in Medicare Advantage**

- ✓ You can switch to another Medicare Advantage Plan (with or without drug coverage)
- ✓ You can drop your Medicare Advantage Plan and return to Original Medicare (Part A & B). *This lets you add a drug plan.
- ✗ Cannot switch from Original Medicare to Medicare Advantage
- ✗ Cannot join a drug plan if you are in Original Medicare
- ✗ Cannot switch from one drug plan to another if you are in Original Medicare

Medicare Advantage Open Enrollment Period (MA OEP)

The MA OEP is from January 1st-March 31st. During this time period you can change from one Medicare Advantage Plan to another or return to Original Medicare, and enroll in a stand-alone Part D plan. This is a one-time change with the new plan starting the first of the following month you enroll.

Costs for Original Medicare in 2026

- Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).
- You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).
- You can use any doctor or hospital that takes Medicare, anywhere in the U.S.

To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also shop for and buy supplemental coverage.

Part A Premium: \$0 for a beneficiary that has worked equal to or greater than 40 quarters of work history; \$311 for a beneficiary that has worked equal to 30 to 39 quarters; beneficiaries that have worked less than 30 quarters will pay \$565.

Part A Deductible: \$1,736.00/ benefit period

Part B Premium: \$202.90

Part B Deductible: \$283/year

Part D Deductible: \$615

TrOOP (True Out Of Pocket- costs): \$2,100

Full extra-help copays: \$5.10/\$12.65

Nat'l Average For Part D Premium: \$38.99 (LEP based on this amount)



"This project was supported, in part by the U.S. Administration for community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy."



SHIP

State Health Insurance
Assistance Program

Save The Date!

Medicare 101 Seminar

- **Considering retirement?**
- **Already retired and have questions about Medicare or health insurance options?**

Please join us and learn how to take charge of the decision-making process as you navigate the Medicare system and coverage options.

The presentation will cover the following:

- **Medicare A, B, C & D**
- **Medicare changes in 2026**
- **Filling the Gaps in Medicare- Medicare Advantage Plans & Medigap**
- **Preventative services, covered and non-covered services**
- **Lower income assistance programs such as Medicare Savings Program, Extra Help, and EPIC which help cover costs of premiums, copays, deductibles.**



Jefferson County Office for the Aging
175 Arsenal St. 2nd Floor - Large Conference Rm.
Watertown, NY 13601



Wednesday, February 17th, 2026
2pm - 4pm

Pre-registration is required. Please call the Office for the Aging at 315-785-3191 to register.

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Deaf Crisis Line | Crisis Resources for the Deaf & Hard of Hearing

DeafLEAD was founded to provide Deaf, Hard of Hearing, Late-Deafened, and DeafBlind individuals comprehensive, unified, and continuous support.

They provide 24/7 crisis intervention, advocacy, case management, interpreting, and mental health support services to victims of crime who are Deaf or hard of hearing, Blind, and late-deafened individuals and their families. Proudly serving individuals and their families with a trauma-informed approach as they navigate severe distress, disaster, or being the victim of a crime. Their staff and volunteers give emotional support and access to resources to allow people to thrive.

They also lend their expertise to victim service providers—individuals and organizations alike—in ensuring that their services for crime victims with hearing loss are culturally and linguistically appropriate.

The Deaf Crisis Line (**DCL**) is a resource for the Deaf and Hard of Hearing, and American Sign Language (**ASL**) users through DeafLEAD.

This operates as a videophone, a face-to-face platform that offers callers direct connection to trained crisis counselors fluent in ASL. Callers may use the text feature if they prefer to type.

The Deaf Crisis Line is a free and confidential service.

There are two ways to contact the DCL either by web or by smartphone:

- **To contact DCL by using a webcam:** Go to deaflead.org and click the “**DCL ASL Now**” button located at the top right hand of the page.
- **To contact DCL by using a smartphone:** Dial (321) 800-3323 and hit the small camera button to activate the camera. Or feel free to text them, if you prefer to communicate through typing.

A purple rectangular button with the text "DCL ASL NOW" in white, sans-serif font.



When you contact the DCL, you can expect three things to happen:

- **A queue message will be provided** while you are being connected to a crisis counselor fluent in ASL.
- **A crisis counselor will respond** to your call and begin a conversation.
- **The crisis counselor will provide support** and may share resources they feel will be helpful to you.

Don't Be Fooled: TokPaid.com Task Scam

TokPaid.com is the latest wave of suspicious “earn money while you scroll” schemes flooding the internet. Promising effortless cash just for watching videos or browsing feeds, it sounds like a dream come true- but scratch the surface, and the reality is far from it.

At its core, TokPaid.com claims to be a “verified platform” where users can start earning money automatically by simply engaging with their usual content. The simple 3-step process- submit your email, pass a human verification, and watch your earnings grow- is designed to lure users into handing over personal information with minimal effort. However, behind the slick marketing lies a familiar blueprint of scams that collect emails and generate money for the operators without delivering real payouts.

The shocking truth? TokPaid.com's promises are too good to be true, aiming to hook you with tempting earnings like \$59.88 instantly credited - but in reality, you're likely signing up for spam, data mining, or worse. **Proceed with extreme caution, and never trust platforms that ask for your info before proving they actually pay users.**

A useful tip to avoid falling for these scams is to always check the website's background or its 'WHOIS' data. Many scam sites, including TokPaid.com, have recently been set up, which is a significant warning sign. Also, if the website's owner is hiding their identity or if the contact details seem suspicious, it's best to avoid the site.

TokPaid.com is just one example of many fraudulent schemes circulating online. These scams all have one goal in common: to trick you into giving up your personal details and money. Fraudsters are getting more sophisticated, using tactics like fake websites, bogus promo codes, and even impersonating well-known figures or organizations. They can also send you unsolicited job offers, or impersonate HR professionals from legitimate businesses. Here are more examples of recent scams similar to TokPaid.com that have been circulating: **MartReviews.com, Moneychik.com, Ram15.com, TikFunds.com, RamStash.com**

Examples of Fake Invitations:

- **"Congratulations! You've been selected to join our exclusive team of remote workers at [***]. Start today and earn up to \$100 daily from simple tasks. Click here to register!"**
- **"Urgent hiring! We need quick-task performers for our new platform [***]. Sign up now and get a \$50 bonus. Limited slots available!"**
- **"Make money from home easily [***]. Our simple tasks can net you hundreds each week! Register through this link to start earning immediately!"**



Red Flags to Watch Out For:

Stay cautious and doubt the legitimacy of any such offers if you notice these warning signs.

- **Unsolicited Job Offers:** Messages that appear out of nowhere, claiming you can make easy money from home, especially from unknown sources.
- **Links to Unfamiliar Task Websites:** The scam includes links to websites like TokPaid.com, which are not recognized as legitimate employment or freelance job platforms.
- **Urgency and Lucrative Promises:** These messages create a sense of urgency or offer unusually high returns for simple tasks, pressuring you to act quickly to not miss out on the opportunity.
- **Request for Fees:** Be wary of any job that requires you to pay upfront to start earning or to unlock further earning opportunities, as legitimate jobs do not require fees.
- **Anonymity of the Recruiters:** Scammers often use fake names or non-existent company details, making it hard to verify their legitimacy.
- **No Verifiable Company Background:** Legitimate companies will have verifiable contact details, an established online presence, and transparent user reviews, unlike the scam sites.

How to Report A Scam

If you come across the TokPaid.com scam or anything like it, it's really important to report it. Not only does this help keep you safe, but it also helps protect others. Here are a couple ways you can make a report, including specific steps for popular social media platforms like TikTok, Instagram, YouTube, and Facebook.

General Tips on Reporting Scams

- **Keep Records:** Take screenshots or save any messages, emails, or links connected to the scam.
- **Use the Report Button:** Look for a report or flag option on the platform where you found the scam.
- **Talk to Your Bank:** If money was involved, tell your bank or payment service right away.
- **Report to Authorities:** Letting your local consumer protection or cybercrime authorities know can help too.

How to Report a Scam on TikTok

- Go to the scammers video
- Tap "Report". Choose the reason that fits, like "Scams or fraud".



How to Report a Scam on Instagram

- Go to the scam post or the scammer's profile
- Click on the three dots at the top.
- Hit "Report" and follow the steps to say why you're reporting it.



How to Report a Scam on YouTube

- Start by going to the video in question.
- Look for three dots below the video and click them.
- Select "Report", choose "Spam or misleading" then "Scams/Fraud" to explain why.



How to Report a Scam on Facebook

- Find the scam post, profile, or page.
- Click on the three dots, usually located at the top right of the post or page.
- Press "Report", pick the reason for reporting and follow the prompts.



What to do if Scammed

If you've fallen prey to the TokPaid.com scam, immediate action is crucial to mitigate the damage and prevent others from becoming victims. Here's a list of steps you should take right away:

- **Stop All Deposits and Sharing of Personal Info:** Cease any further deposits and refrain from sharing any more personal information with the website.
- **Contact Your Bank Immediately:** Notify your bank of the unauthorized transaction. They may be able to halt the transaction or provide further steps for you to take.
- **Report Scam Ads:** If you encountered scam ads on Facebook, Instagram, LinkedIn, or other platforms, report them so they can be removed.
- **File a Complaint with Consumer Protection Agencies:** In the U.S. this would mean contacting the **Federal Trade Commission (FTC)** at reportfraud.ftc.gov or call **1-877-382-4357**. If you find yourself in another country, reach out to the national consumer protection agency for that country.
- **Use Social Media to Warn Others:** Share the information on your social media accounts to alert friends, family, and followers, reducing their risk of falling for the same scam.

Watch Out for Similar Scams

The TokPaid.com scam is just one example of many fraudulent schemes circulating online. Below are some more examples of scams circulating online and on social media.

- **Elon Musk Bitcoin Promo Code Scam:**

Uses fake endorsements from Elon Musk to offer special Bitcoin deals. Victims send cryptocurrency to a fraudulent wallet to “unlock” rewards. Scammers withdraw funds immediately, leaving victims with nothing.



- **Amazon Reviewer Scam:**

This scam begins with an advertisement or message falsely claiming you can get a \$750 Amazon Gift Card by becoming an Amazon Product Reviewer. It plays on your desires for rewards and savings, leading you to follow their deceptive instructions without questioning their legitimacy.



- **Netflix Video Tagger Scam:**

Advertises remote jobs to categorize Netflix content. Requires payment for “training materials” upfront. No actual employment is provided, and contact ceases after payment.



The color of love and Valentine's Day

Don't forget to get a ___ with the perfect message

Dinner and a movie is a common way to spend a ___

A hug and a ___

A favorite ___ reminds some couples of special times

Time ___ together is the best part of Valentine's Day

Sweet alternative to or in addition to flowers

The winged archer who's to blame for love

The most common symbol of Valentine's Day

Some people write ___ and love letters

Flowers with a meaning for every color

Most people would like a secret ___

Swing, tango, waltz, salsa, slow ___

Valentine's Day is a popular day for getting ___

One of the most common Valentine's Day gifts

Many people give ___ to their loved one

Always arrives on the fourteenth of

Je t'aime, Ich liebe dich, te amo

Diamonds, stuffed animals, perfume, ect.

Take a special trip for a ___ getaway

Venus, or ___, is the goddess of love

Second only to Halloween in ___ candy sales

A late night stroll in the ___

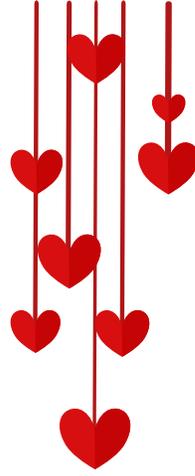
Husband, wife, boyfriend, ___

A type of candy and term of endearment

School children often hand out paper ___ in class

Soft music and ___ can create a relaxing atmosphere

Tragic star-crossed lovers



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Answers on back of first page

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

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

Enter the unused letters from the puzzle, in order:

□ _ □ _ □ _ _ □ □
_ □ _ □ □ _ □ □ _
_ □ □ □ _ □ _ □ _

Copy boxed letters to form your hidden message:

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13 Tips for Family Caregivers Who Also Work Full-or Part-Time Jobs

Practical strategies to alleviate stress and enhance your well-being

By: Bruce Horovitz, AARP | Published May 22, 2025

The hard part of being a family caregiver who also has a job is accepting the reality that only Superman or Superwoman can perfectly juggle two complex and different roles at once.

But simultaneously being a family caregiver and a part-time or full-time worker is a stark reality for 61 percent of the 48 million family caregivers in the U.S., according to a recent report from AARP and S&P Global, “Working While Caregiving: It’s Complicated.” Of the 1,200 caregivers surveyed, a whopping 84 percent of respondents said that caregiving had a moderate or high impact on the stress they feel daily.

So how can those who have no choice but to do both get even a little relief?

AARP reached out to four family caregiving experts and authors who offered these tips for the millions of Americans who are working family caregivers but don’t possess superpowers:

1. Cook Ahead on Weekends

As obvious as this tip might sound, few family caregivers plan ahead and actually do this, says Harriet Hodgson, author of **The Family Caregivers Guide** and a writer for the website **The Caregiver Space**. Cooking ahead gives you a chance to put some thought into your and your loved one’s needs and not just toss together a last-minute meal, she says.



It’s smart to date the storage containers in which you place the meals, just in case they aren’t eaten within a few days. Ensure that the container is microwavable so you don’t have to move the food to a new container to heat it.

Finally, Hodgson says, cooking ahead gives you a bit of time to prepare the meal more lovingly. You can give it some TLC by being mindful of ingredients like salt and sugar.

2. Give Yourself Permission to Dislike Your Situation

During the four years when Cindy Eastman worked part-time and was also a caregiver for her father, who had suffered a traumatic brain injury, most days were extremely difficult.

“What helped me the most was to give myself permission not to like the job,” she says of being both a family caregiver and a worker.

This, in turn, gave her permission to put personal boundaries in place and “help myself not feel guilty about whatever I was not doing,” says Eastman, author of **True Confessions of an Ambivalent Caregiver**.

3. Keep a One-Word Journal

For family caregivers who are also in the workforce, there isn't much time left over for self-reflection. From her personal experience Hodgson figured out an unusual system that worked for her: keeping a daily one-word journal.



She never found enough free time to keep a lengthy journal or diary during the seven years she was a caregiver for her husband. But she did find a few moments each night to sit down and sum up the day in her calendar with a single word. Some days the word was “encouraged.” Other days it was “discouraged” or even “distressed.” On better days, words like “hopeful” or even “giddy” peppered the calendar.

When you keep a one-word daily calendar, she says, “you can see at a glance how your feelings change.” A low day may be followed by a better one soon.

4. Find a Caregiving Buddy

Anyone who faces the daily complexity of being a caregiver and a worker needs one thing most of all: a confidant.

That, at least, is what Hodgson personally experienced when she was a family caregiver who also worked outside the home. Basically, you need to find someone who can listen to — and uniquely understand — your struggles. “That person can help you to get through the fog and the darkness,” she says.

The key is to agree ahead of time to keep all conversations confidential. These conversations can be had in person, on the phone, or even by email or text. Even then, says Hodgson, “you have to be a good listener too.”

5. Pat Yourself on the Back

“Maybe this should be tip number one,” says Eastman, who thinks the most common shortcoming of working family caregivers is failing to acknowledge the miracles they perform on a daily — if not hourly — basis.

But she's not just saying it metaphorically. “You should literally pat yourself on the back” at the end of each day, she says, and remind yourself out loud: “I'm doing a great job!”



6. Know Your Limits

Imagine that we each must carry around a bucket with all of our social, emotional and physical needs wherever we go. If you are a working person who suddenly becomes a caregiver to a loved one, you initially don't know the capacity of your own personal bucket, says Aaron Blight, author of **When Caregiving Calls: Guidance As You Care for a Parent, Spouse, or Aging Relative**.

“Caregiving introduces new things into your bucket,” says Blight, because so many critical responsibilities go hand in hand with it. “Things may get harder once you add caregiving, so you may need to take some other things out of your bucket,” he says.

In other words, he says, be mindful of when your emotional bucket is getting too full and take smart steps to prevent it from overflowing.

But she's not just saying it metaphorically. "You should literally pat yourself on the back" at the end of each day, she says, and remind yourself out loud: "I'm doing a great job!"

7. Talk to Your Boss About Caregiving

One of the greatest gifts to employed family caregivers is the option to work from home. Yet not all family caregivers are fully aware that this may be an option in their workplace, says Blight.

He suggests that all family caregivers consider speaking with their boss about their caregiving duties. "Good employers are sympathetic to the challenges of their employees," says Blight. According to the 2020 AARP and National Alliance for Caregiving report "Caregiving in the U.S.," about 1 in 3 employed caregivers (who are not self-employed) say that their supervisor is unaware of their caregiving situation.

"We need to normalize this," says Blight. "Caregiving will hit all of our lives at some point."



8. Join a Caregiver Resource Group

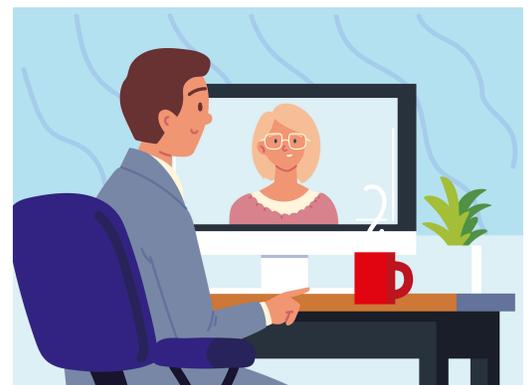
Many larger employers in particular offer special "employee resource groups" (sometimes called ERGs) specifically for employees who are also family caregivers, says Blight. The programs often offer group meetings to discuss personal caregiving issues and outline any work programs that can assist caregivers on their journey.

They also allow "employees to become educated, receive support, and advocate internally for policies more supportive of family caregivers," Blight says.

9. Evaluate All Tech Solutions

For all of technology's faults, says Blight, it certainly offers a new world of possibilities for caregivers who must also go into the workplace. That's why it's critical for all family caregivers to spend some time investigating technologies that might make their lives a bit easier.

For example, he says, there are rather simple technologies that can help a working person check on a family member 24/7. "This is the kind of thing where you can monitor someone from your desk at work," he says.



There is also technology that a loved one can wear to alert you — or an emergency service — if they need immediate assistance.

10. Save Time for Yourself

One of the most common mistakes made by working family caregivers is to stoically use up every minute of their paid time off to care for their loved one.

Please don't, urges Kate Washington, author of **Already Toast: Caregiving and Burnout in America**. "Save some for yourself," she says.

She says that if you devote every minute of vacation time to your loved one, you have pretty much failed in the self-care category. So how can you be a good caregiver?

11. Outsource Grunt Work

When Washington's husband was very ill and she was his caregiver and also employed, she still found herself doing up to four loads of laundry every day. She put an immediate end to that by outsourcing the laundry so she could focus on the more important things that she could do for her husband.

By shipping it to a laundry service, she greatly relieved her stress. If you can't afford a laundry service, she suggests, perhaps you can find a family member or friend willing to help. Ditto for other chores like housecleaning and yard work.

"Save your energy for parts of the role that demand your attention," she says.



12. Assess Your Stressors

Working caregivers need to stop and carefully assess all of their daily stressors. Ask yourself: What are the pain points you can control, and what are the ones you can't? Once you are clear on what you can control, well, do something about it, Blight says.

For example, perhaps one of your stressors is a time commitment where you volunteer for a community organization and are in charge of secretarial duties for the group. This is an easy one: Stop volunteering – at least temporarily. If it's not a priority in your life, says Blight, don't do it.

13. Find Your Loved One's Joy Button

For time-pressed working caregivers, says Washington, "it's easy to lose connection with those we are caring for."

Maybe your loved one enjoys being taken outside to the garden or simply listening to you read a favorite book to them.

That's why it's critically important to regularly stop whatever you're doing and find a way to reconnect with them in a human way, she says. "Think of them less as a patient and more as the person who you love."



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Paynter Center

	1	10:00 Bingo 11:00 Balanced Boxing 1:00 Valentine Craft w Alisha	2	9:00 Watertown Shopping 10:00 Boomers 11:15 Zoomers	3	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair exercise 11:00 Grief Share 1:00 Tai Chi Cancelled	4	10:00 Boomers 11:15 Zoomers	5	10:00 Thrift Shop & \$ General 10:00 Bingo	6		7	
Tu B:Shevat Begins	8	10:00 Bingo 11:00 Balanced Boxing 1:00 Diamond Art Mini Notebook Craft	9	10:00 Boomers 11:15 Zoomers	10	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair exercise 11:00 Grief Share 1:00 Tai Chi Cancelled	11	10:00 Boomers (Circuit) 11:15 Zoomers 1:00 Library Bus	12	10:00 Bingo 5:00 Community Dinner Sponsored by 1,000 Islands Artisans & Delicacies/Bet's Bagels 5:30 Music by Trillium String Trio	13		14	Valentine's Day
	15	10:00 Bingo 11:00 Boxing- CANCELLED	16	9:00 Evans Mills 10:00 Boomers 11:15 Zoomers 1:00 Cornell Cooperative Extension Nutrition Education Karnaden Begins Marci Gras Chinese New Year (Year of the Horse)	17	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair exercise 11:00 Grief Share 12-1 SOUPS ON!! 1:00 Tai Chi	18	9:00 Price Chopper Thrift shop, \$ General & McDonalds 10:00 Painting w Cathy 10:00 Boomers 11:15 Zoomers 6:00 Madymae Felt Flower Craft	19	10:00 Bingo	20		21	
	22	10:00 Bingo 11:00 Balanced Boxing 11:30 Depauville Luncheon 1:00 Cards w Golda	23	10:00 Boomers (Circuit) 11:15 Zoomers	24	9:00 Clayton Shopping 10:00 Coffee Hour 11:00 Youtube Chair exercise 11:00 Grief Share 1:00 Tai Chi	25	10:00 Boomers 11:15 Zoomers 1:00 Ink Tile Craft	26	10:00 Bingo	27		28	Red Cross Blood Drive 10-2

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

Watertown Senior Center February Calendar

<p>Every Day - 9am Meet & Greet Every Day - 3pm Close</p> <p>Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required</p>	<p>Watertown Senior Center 167 Polk St. 2nd Floor Watertown Senior Center: 315-221-4021 Office for the Aging: 315-785-3191 President: Deb Doyle Vice President: Mike Hedrick Treasurer: Pattie Shreck</p>	
<p>Monday 2/2</p> <p>9:30am / Movie 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Wednesday 2/4</p> <p>10am / Puzzle Contest 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 2/6</p> <p>10am / Trivia w/ Mike & CeCe 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / Discover Live - Mexico City 12pm / \$5 Pizza Party (Sign Up at Front Desk) 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi 1pm / Family Feud</p>
<p>Monday 2/9</p> <p>10am / Games 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Wednesday 2/11</p> <p>10:30am / Discover Live- Paris, France 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 2/13</p> <p>10am / Trivia w/ PIVOT 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12pm / Potluck Birthday Lunch w/ Dennis Marshall 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi 1pm / Nickel Bingo</p>
<p>Monday 2/16</p> <p>10am / Valentines Day Trivia w/ Carol 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Legal Aid Q & A w/ Laura 1pm / Cardio Drumming</p>	<p>Wednesday 2/18</p> <p>10am / Crafts w/ Sharon 11am / Discover Live- Martini 11am / Parkinson's Support Group 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 2/20</p> <p>10am / Crafts w/ Mary 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi 1pm / Family Feud</p>
<p>Monday 2/23</p> <p>10am / Crafts w/ LuAnne & Karen 11am / YMCA Dance Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Wednesday 2/25</p> <p>11am / Chair Exercise 11am / Guardian Prevention & Advanced Planning NYS Guardianship Initiatives- Video 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p>	<p>Friday 2/27</p> <p>10am / Book Club 10am / Fun w/ Kyle- Dark Chocolate Edition 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Tai Chi 1pm / Nickel Bingo</p>