

# **Jefferson County Office for the Aging**

**January 2026 Newsletter**

Photo by [Sam Farallon](#) on [Unsplash](#)

Baby  
Kiss  
Ring  
Work  
Clock  
Music  
Party  
Songs  
Family  
Sitter  
Winter  
Holiday  
January  
Parades  
All Night  
Calendar  
Midnight  
Time Zone  
Bowl Games  
Champagne  
Countdown  
Fireworks  
Father Time  
Resolution  
New Years Eve  
Noismakers  
Times Square  
Auld Lang Syne

Time For A New Start

# Healthy Habits for the New Year

By: Amanda Woolnough, RDN

Starting the new year with simple, sustainable habits can help support energy, strength, and overall well-being—especially as we age. Here are four key habits to focus on this year.

## 1. Start Your Day with a Well- Balanced Breakfast

Eating a nourishing breakfast helps maintain steady energy, supports muscle health, and can improve concentration throughout the day. A balanced breakfast should include:

- Protein: eggs, Greek yogurt, nut butter, cottage cheese, or tofu.
- Fiber-rich carbohydrates: whole-grain toast, oatmeal, or fresh fruit.
- Healthy fats: nuts, seeds, or avocado.

## 2. Aim for 5-6 Servings of Fruits and Vegetables Daily

Eating a nourishing breakfast helps maintain steady energy, supports muscle health, and can improve concentration throughout the day. A balanced breakfast should include:

- A serving is typically  $\frac{1}{2}$  cup cooked vegetables, 1 cup leafy greens, or 1 small piece of fruit.
- Try adding produce at every meal.
- Choose a variety of colors to get a wider range of nutrients.

## 3. Stay Hydrated Throughout the Day

Hydration needs can increase with age due to decreased thirst cues and medications that may affect fluid balance. Proper hydration supports digestion, cognition, and joint health.

- Aim for 6–8 cups of fluid per day unless your healthcare provider gives different guidance.
- Water is best, but herbal tea, milk, and foods like soup, fruit, and yogurt also provide fluid.
- Keep a water bottle or glass nearby as a reminder to sip regularly.

## 4. Move Your Body Daily

Regular movement helps maintain mobility, balance, muscle strength, and heart health—key factors in healthy aging.

- Aim for light to moderate activity such as walking, gentle stretching, chair exercises, or resistance bands.
- Even 10 minutes at a time adds up.
- If you have medical conditions or mobility concerns, check with your healthcare provider before starting new exercises.

### Start Small and Stay Consistent

Healthy changes don't need to be complicated. Choose one or two habits to begin with, practice them daily, and build from there. A well-balanced diet, hydration, and movement can make a meaningful difference in energy levels, independence, and overall quality of life throughout the year.

# Scam Protection

Earlier this week Sgt. Paige Taylor sat down with Diane Rutherford of 7 News to discuss scams.

“We now have reports of scammers calling Jefferson County residents trying to scare people with missed court dates, warrants, or whatever nonsense they can cobble together, and they are using names of people that actually do work here.”

“Any time someone you don’t know wants money or tries to scare you into paying for something, just assume it is a scam. If someone is purportedly calling from a legit company or organization, hang up and contact that company directly yourself, with phone numbers **NOT** provided by the person on the phone.”

“If anyone claims to be from the Jefferson County Sheriffs Department or any other law enforcement agency and wants money, **call us DIRECTLY at 315-788-1441 to confirm or deny what you were told.**”

**Law enforcement will never demand payment for anything over the phone, or demand gift cards as payment for anything!**

- Did someone call saying you missed a court date and now you have fines that must be paid on the phone, electronically, or by mail or shipping? **LIES!**
- Did someone call you saying you have a warrant and you need to pay your way out of it by phone, electronically, or by mail or shipping? **SCAMS!**
- Did someone call saying your grandkid/niece/nephew/etc. is in jail and needs bail money, to be paid over the phone, electronically or by mail or shipping? **THIEVES!**
- Have you been conversing with a romantic interest and now they are asking for money? **SCAMMER!**

**Scammers can be very convincing. Don’t become a victim!**

# How to Spot an AI Scam

Published September 6<sup>th</sup>, 2024 | Community Bank

There have been plenty of ways for scammers to infiltrate our lives as the rise of technology has advanced. Just as we think we've outsmarted them in one way, they pop up in another. Enter: Artificial Intelligence (AI) scams.

## Types of AI Fraud

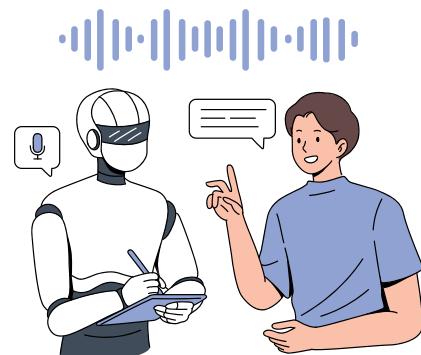
Today's scammers use sophisticated technology to create deceptive voices, videos, messages, and more. They're more convincing than ever, but there are a few common ways they could show up in your world:

- **Deepfake**

AI can use large datasets of images, video and audio to replicate the voice and appearance of a familiar face. Software is then used to make the 'person' say and do things in the form of a video.

- **Voice Cloning**

This is another form of generative AI that uses a small audio sample to replicates the tone and language of a real person. It's used to convince someone they're having a genuine phone conversation with that person.



- **Generative Text Phishing**

ChatGPT and other free generative AI tools can create bodies of text (like emails and social media posts) that impersonate the tone and coherence of legitimate messages.

- **Verification Fraud**

AI can be used to subvert security checks like passwords, passkeys and biometrics to access our phones and banking apps.

Fake videos and photographs of people who do not exist, yet appear to look like they have authority, are being generated with the use of AI. This 'evidence' is then used to pass identity and security check to access bank accounts, authorize transfers, and even create fake assets to secure loans.



## Tips to Protect Yourself

Some scammers try to get a detailed analysis of people's voices for impersonation by engaging with them over the phone.

- **If you receive a spam or unknown call, do not answer.**
- **If it's an entity you recognize, don't pick up right away. Instead, try calling back. Fake numbers likely won't answer.**
- **If it sounds like family but something feels off, use a codeword to make sure. You can establish this ahead of time, then ask for the codeword over the phone to confirm it's really your loved one speaking.**

Never click a link in a **text message or email** without verifying that it's from a legitimate source. As real as the message may seem, there's an equal chance AI is behind it.

Never pay or send money through a wire, gift card, payment app, or cryptocurrency unless you've verified who is asking for it. Scammers love these methods because they make it harder for you to get your money back.

**Never click on ads to download software.**

## What to do if you Fall Victim

Regardless of whether fraud is AI or not, much of the fallout remains the same. Take the same actions you would with any other instance of stolen money or identity:

- **Your safety comes first.**

If you feel threatened, contact the police immediately to provide a detailed account of who contacted you and what personal information they asked for.

- **Report fraud to your bank.**

If you're concerned about fraud, call your bank branch

- **Report it to the FTC at <https://reportfraud.ftc.gov/>**



The FTC will use your report to investigate and bring cases against other frauds, scams, and bad business practices.

If it's a video on social media, flag the video by reporting it to the platform

If you do fall victim to fraud, don't feel embarrassed. As technology becomes more and more sophisticated, it's easy to mistake AI for the real thing. The best thing to do is take immediate action by reporting to the proper authorities so they can help you.

Infant symbol of the new year



Save a \_\_\_ for your sweetheart at midnight

Make some noise to \_\_\_-in the new year

Most people don't have to \_\_\_ on New Year's Day

Watch the \_\_\_ to know when it's time

Turn up the \_\_\_ at the party

Bring your hats and games to the \_\_\_

All the radio stations play the top \_\_\_ of the year

A good time to visit friends and \_\_\_

The baby-\_\_\_ may charge you extra

Happens in \_\_\_, but only in the northern hemisphere

The last major \_\_\_ for several months

Marks the transition from December to \_\_\_

Some cities feature \_\_\_ in the streets to celebrate

Even the kids want to stay up \_\_\_ \_\_\_

Time to get a new \_\_\_

The new years starts at \_\_\_

Geographically, it's still only midnight in your \_\_\_ \_\_\_

College football teams play their \_\_\_ \_\_\_ on New Year's Day

Pop the corks and let the \_\_\_ flow

What you do in the last few seconds in the year

Many people light noisy \_\_\_ to celebrate the new year

Paternal figure who keep the clocks moving

Make a new year's \_\_\_ to make things better

The night before New York's Day

Break out the pots and pans and other \_\_\_

Famous New York location for celebrating the new year

Traditional new year's song: \_\_\_ \_\_\_ \_\_\_



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Answers on back of first page

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

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**Enter the unused letters from the puzzle, in order:**

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**Copy boxed letters to form your hidden message:**

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# Durable Medical Equipment (DME)

**Make sure that Medicare will cover it!**



## WHAT IS DME?

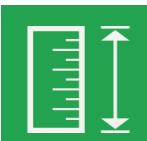
Ex: Walkers, wheelchairs, hospital beds & back/knee braces. DME is mainly used in the home.

## TALK TO YOUR DR.

If you need DME, you and your Doctor can make that decision. They know your health needs.

## PRESCRIPTIONS

Prescriptions are mandatory. Your Medicare enrolled Dr. will write an order for DME when medically necessary.



## DME IS NOT FREE

DME usually has a copayment. Be careful of taking "free" DME.

## PROPER FIT?

Some DME must be sized so it will work best for you and fit into your home.

## FIND A SUPPLIER

Only a Medicare-approved supplier can bill Medicare. Call 1-800-MEDICARE to find a supplier.



## BEWARE OF SCAMS

Do not give your Medicare number to someone you do not know, especially over the phone.

## LOOK FOR FRAUD

Read your Medicare Summary Notice (MSN) carefully & look for services & supplies you did not receive.

## CALL NYS SMP

If you suspect Medicare fraud, errors or abuse, call the NYS Senior Medicare Patrol (SMP).  
**800-333-4374**



**STATE WIDE**

New York StateWide Senior Action Council, Inc.  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax (518) 436-7642  
[www.nysenior.org](http://www.nysenior.org)

**Call NYS SMP at 800-333-4374**

# Protect Your DME Benefits

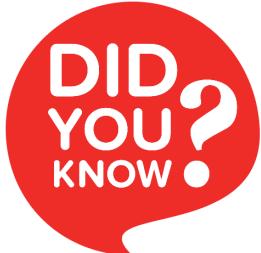
## A common example of fraud:

1. Mrs. Smith received a call from a man named Jim who said he worked for Medicare.
2. Jim asked Mrs. Smith if she had any pain, and she told him that sometimes her back was sore.
3. Jim told Mrs. Smith that she could receive a “free” back brace because Medicare will pay for it.
4. Mrs. Smith received the back brace and it did not fit so she never used it.
5. One year later, Mrs. Smith injured her back after a fall and her doctor wrote a prescription for a back brace for her.
6. Medicare would not cover the cost of the back brace because they had already paid for a brace for her. (The “free” brace that Jim sent her.) Mrs. Smith lost her benefit.

 Work with your doctor for your health care needs especially when it comes to DME.

 Always be careful with your Medicare number and never give your number to a stranger.

## A sales person who calls you on the phone CANNOT:



-  **Diagnose or assess your health care needs** - That is the job of your doctor. Your doctor knows you and your health history. Don't let a sales person talk you into something you do not need.
-  **Prescribe durable medical equipment (DME) for you** - Only your doctor can order DME for you after a face-to-face office visit.

-  **Fit you for DME over the phone**—It is impossible for someone calling on the phone to make sure the equipment will fit you, and that is the job of a DME supplier. A good DME supplier will work with you until the equipment fits you just right.

**PREVENT** - Medicare fraud by not giving out your personal information to someone you do not know.

**DETECT** - Medicare fraud by reading your Medicare Summary Notice (MSN) to make sure the claims for services and supplies are what you actually received.

**REPORT** - Medicare fraud by calling NYS Senior Medicare Patrol (SMP), 800-333-4374.

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# Call NYS SMP at 800-333-4374



New York State

Integrated Pest Management  
Program



Cornell Cooperative Extension

## Tips to Avoid Getting and Spreading Bed Bugs

Bed bugs are back and continue to spread across the United States. They can be found anywhere, from big cities to small towns, offices, movie theaters, restaurants, hospitals, private homes, apartments and even stores. By taking precautions in your daily life, you can avoid getting and spreading bed bugs.

What follows below are instructions for cleaning and “debugging” the things you need to wear or bring with you, when dealing with an infestation at home. Learn how to protect your belongings from bed bugs at work or in spaces that are at risk for bed bug introductions (basically any public space) or infestations (places where people sleep such as hotels, nursing homes, hospitals, homes). You can go to from home to work, school, or anywhere and back again without transporting bed bugs.

### What You Will Need

#### Containers for coats, shoes, bags, backpacks, laptop such as:

- Large zippered plastic storage bags (such as Ziploc XXL)
- Airtight plastic tote
- Plastic tote and duct tape to seal it shut
- Plastic tote with the inside rim lined with carpet tape (if you are careful not to brush items against the tape, it will remain sticky for a long time, blocking any bed bugs attempting to escape)

#### A source of heat such as:

- A clothing dryer (at home or at a Laundromat) - **BEST**
- An iron and a towel (hot iron items under a towel to kill bed bugs and eggs)
- A hair dryer in good condition
- A meat thermometer to verify that heat reaches at least 125° F

### Create a Clean Zone

Whether dealing with a bed bug infestation or trying to avoid one, you can create a “clean zone” that is bed bug-free.

This area will be a place to transition from home to work or school that will intercept hitchhiking bugs. Ideally, the clean zone is located outside the home, but can be right by the front door, in the garage, bathroom, kitchen, or even a clean white sheet in the middle of a room. Keep the clean zone as far as possible from sleeping areas.

The clean zone preferably should have three containers. One for items that move from home to work or school, one for bed bug free clothing, and the other to store worn clothes and the white sheet after you have entered the home.

#### The Process

##### **Don't take bed bugs with you:**

1. Clean and debug your things
2. Isolate those clean things from bed bugs
3. Put on or grab clean things you need for the day and get on your way

##### **Don't bring bed bugs home with you:**

1. Enter your home through a “clean zone”
2. Isolate anything that could have bed bugs and prepare to treat
3. Treat those things



This is a clean zone, near a front door, with plastic containers for storage and a white sheet to catch stray bed bugs that may fall off clothing.

# The Process: Leave Home Without Bed Bugs

If you are dealing with bed bugs at home, avoid bringing these pests to work or school by leaving your home from the clean zone.

- Prepare clothes and belongings for the day by making them bed bug-free (see below) and isolating them until it's nearly time to leave.
- Make dressing the last thing you do before leaving.
- When you have finished your morning routine, are dressed and ready for work or school, do not sit down on your bed or other furniture.
- Gather your daily things stowed in the clean zone container and head off to work or school.



An adult bed bug is large and easily visible next to a dime.

# The Process: Arrive Home and Prevent Introduction

If you work in a high-risk setting where exposure to bed bugs can happen, take these precautions to avoid bringing them home.

- Before entering the home, inspect your clothing and shoes for adult bed bugs: only females can start an infestation and are highly visible. Eggs are unlikely to be picked up in one place and transported to another. **Tip:** Bed bugs show up better against light colored clothing.
- Step into the clean zone, place all items from the day, including coats, shoes, bags and clothes (if necessary) into a sealed plastic bag or container.
- Place clothes and the white sheet, if applicable, in a container until they can be heat treated.
- Put on a set of bed bug free clothing.
- Heat treat clothing and white sheet.
- If other items were exposed during the day, consider treating them.

# Use Dryer Heat to Kill Bed Bugs

Clothing, coats, sturdy shoes, slippers, backpacks, computer bags, and purses can be cleared of bed bugs by placing items into a dryer and heating to 125°F.

**Washing is not needed and not enough to kill bed bugs.**



Shoes and items that cannot be tumbled can be placed in a mesh bag on the door of a front-loading dryer.

## Test the dryer for the right level of heat:

- Place 2 or 3 dry towels into the dryer.
- Set the dryer on high for 20 minutes.
- After the 20 minutes are up, open the hot dryer quickly, place a meat thermometer in the center of the towels and close the door.
- After one minute, check the thermometer. Temperatures over 125°F will kill bed bugs.
- If the temperature is below 125°F, increase the heat level or the length of time in the dryer [two hours at 115°F will kill bed bugs].
- If 115°F is not possible, use a different dryer or a commercial Laundromat. Occasionally test the dryer to ensure it is still reaching the appropriate temperature.

If the target temperature is reached, place items into the dryer using the same heat and time settings. This will kill and remove bed bugs from your belongings.

**Do not** over stuff the dryer and ensure that items are tumbling! All items must reach the target temperature to achieve control.

## Isolate to Stop the Spread

Items that cannot be laundered can still be “debugged” using a slower process.

- Place individual books or small piles of paper/files, electronics, toys, etc. into air-tight, heavy-duty zipper bags or containers
- Store bagged items in a warm area. Warmth makes bed bugs more active and can kill them by dehydration
- If bed bugs are present, they can often be seen in the corners of bags
- If you see bed bug activity, you can crush bugs or eggs that are found. Leave items encased in zipper bags for at least three months.

## Stay Bed Bug Free During the Day - Keep it Simple

- If working in areas that might have bed bugs (homes, hotels, offices, etc.), only bring what you need and isolate items in zippered storage bags between visits.
- Bed bugs cannot fly or jump, but can move quickly and survive for long periods of time without feeding. Assume that bed bugs can be anywhere and act accordingly.
- Avoid sitting on plush furniture in public places
- Avoid placing personal items on the floor or on furniture



Seal items that must travel from place to place in an airtight container.

## Special Considerations

### Babies, toddlers, and school-age children

All children who live in a household that is dealing with bed bugs should be free of bed bugs before leaving the home. Infants and toddlers who attend child care or other programs are at risk of transporting bed bugs both to and from the child care center. Some considerations include:

- Diaper bags can be emptied and placed into a hot dryer to kill bed bugs daily or stored in an airtight container while in the home.
- In the home, diapers and other supplies that will leave the home should be stored in sealed containers.
- Children should be dressed in bed bug-free clothes immediately before leaving the home.
- Try to avoid bringing strollers and car seats into child care centers or your home. If it cannot be avoided, steam or heat-treat them to ensure they are bed bug free. Use a hand-held steamer or hair dryer.

# Keep Bed Bugs Out of Schools

Bed bugs are showing up in schools, especially K-5, where children are vulnerable to the stigma of having bed bugs. Measures should be taken to avoid transport of bed bugs into the classroom.

- Backpacks, coats and shoes are very likely routes of bed bug movement. These should be heated in the dryer and stored in a clean bag or container.
- School children should be dressed in the clean zone just before leaving home.
- Schoolbooks and papers can transfer bed bugs. These items should be stored away from infested areas, and kept in zippered bags when not in use.
- Have children read only at the kitchen table to reduce the likelihood of introducing a bed bug into a bedroom.
- Books or papers exposed to bed bugs should be thoroughly inspected before sending to school.
- If buying new clothing, shoes or bags, keep these items isolated in sealed containers until needed to prevent contact with bed bugs.



In school, backpacks should be separated by space or placed in clear plastic bags if bed bug introductions are common in the classroom.

## For More Information

For additional resources on bed bug removal and tips that you can use to protect yourself and your family, visit <https://ecommons.cornell.edu/home> and look up “[How to Get Bed Bugs Out of Your Belongings](#)” written by [Matthew Frye and Jody Gangloff-Kaufmann](#).

The document includes a comprehensive list of household items that often need to be disinfected, and includes a list of techniques that can be employed to help in removing or eliminating bed bugs.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

**The Paynter Center**  
**315-686-3553**

**CENTER  
CLOSED**

New Year's Day

**4**

10:00 Bingo  
11:00 Balanced  
Boxing  
1:00 Alisha Craft  
"Winter doorhanger"

**5**

9:00 Watertown Shopping  
10:00 Boomers  
11:15 Zoomers  
Exercise  
12:00 Lunch

**6**

9:00 Clayton Shopping  
10:00 Coffee Hour  
11:00 Chair  
Cathy  
11:15 Zoomers  
12:00 Lunch

**7**

10:00 Boomers  
10:00 Painting w  
Dollar General  
Cathy  
11:15 Zoomers  
12:00 Lunch

**8**

10:00 Bingo  
10:00 Thrift Shop  
Dollar General  
10:00 Bingo

**9**

10:00 Bingo  
5:00 Rotary Sponsored  
Community dinner  
5:30 "Bootlegging"  
Presented by Jeff Garnsey

**10**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**11**

10:00 Bingo  
11:00 Balanced  
Boxing  
1:00 Clay Ornament with Sharon Craft

**12**

10:00 Boomers  
11:15 Zoomers  
12:00 Lunch  
1:00 Cornell Cooperative presents "Home Energy Opportunities"  
1:00 Tai Chi  
2:00 Grief Share

**13**

9:00 Clayton Shopping  
10:00 Coffee Hour  
11:00 Chair Exercise  
12:00 "Soups on!" For Lunch

**14**

10:00 Boomers-  
Circuit  
11:15 Zoomers  
12:00 Lunch  
1:00 Ink Tile Craft  
12:45 Bus to Hawn Memorial Library

**15**

10:00 Bingo  
5:00 Rotary Sponsored  
Community dinner  
5:30 "Bootlegging"  
Presented by Jeff Garnsey

**16**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**17**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**18**

10:00 Bingo  
11:00 Balanced  
Boxing  
1:00 Diamond Art Craft with Candy

**19**

9:00 Evans Mills Shopping  
10:00 Boomers  
11:15 Zoomers  
12:00 Lunch

**20**

9:00 Clayton Shopping  
10:00 Coffee Hour  
11:00 Chair  
Exercise  
1:00 Tai Chi  
2:00 Grief Share

**21**

9:00 Price chopper Thrift shop, Dollar General and McDonald's lunch  
10:00 Boomers  
11:15 Zoomers  
12:00 Lunch

**22**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**23**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**24**

10:00 Bingo  
10:00 Painting w  
Dollar General  
Cathy  
11:15 Zoomers  
12:00 Lunch

**25**

10:00 Bingo  
11:00 Balanced  
Boxing  
11:30 Depauville Luncheon Bus  
1:00 Cards w Golda

**26**

10:00 Boomers - Circuit  
11:15 Zoomers  
12:00 Lunch

**27**

9:00 Clayton Shopping  
10:00 Coffee Hour  
11:00 Chair  
Exercise  
1:00 Tai Chi  
2:00 Grief Share

**28**

10:00 Boomers  
11:15 Zoomers  
12:00 Lunch

**29**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**30**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

**31**

10:00 Bingo  
10:00 Barn Quilt Workshop  
Instructed by Wellesley Island Nature Center

Australia Day (Observed)

**Call the Center to sign up for classes and activities 315-686-3553 or email: [payntercenter@gmail.com](mailto:payntercenter@gmail.com)**

## Watertown Senior Center January Calendar

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|--|--|--|--|
|  |  |  | Friday 1/2   |
| Every Day- 9am Meet & Greet<br>Every Day- 3pm Close  | Watertown Senior Center<br>167 Polk St. 2nd Floor<br><br>Watertown Senior Center: 315-221-4021<br><br>Office for the Aging: 315-785-3191<br><br>President: Deb Doyle<br>Vice President: Mike Hedrick<br>Treasurer: Pattie Shreck | Watertown Senior Center<br>167 Polk St. 2nd Floor<br><br>Watertown Senior Center: 315-221-4021<br><br>Office for the Aging: 315-785-3191<br><br>President: Deb Doyle<br>Vice President: Mike Hedrick<br>Treasurer: Pattie Shreck | 10am / Family Feud<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Tai Chi (Sign Up at Front Desk- Limit 15)                             |
| <b>Sign up for OFA's Lunches at (680)222-7038</b><br><b>48 Hour Prior Notice Required</b>  | Monday 1/5   | Wednesday 1/7  | Friday 1/9   |
| 9:30am / Coffee & Doughnuts<br>11am / YMCA Dance Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming                     | 10am / Song Burst<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming  | 10am / Trivia w/ Mike & CeCe<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12pm / \$5 Pizza Party (Sign Up at Front Desk)<br>1pm / Tai Chi  | 10am / Trivia w/ Mike & CeCe<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12pm / Potluck Birthday Lunch w/ Dennis Marshall<br>12:30pm / Basic Sign Language with Jean<br>1pm / Tai Chi |
| Monday 1/9   | Wednesday 1/14   | Friday 1/16  |  |
| 10am / Games<br>11am / YMCA Dance Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming                                    | 10:30am /Discover Live- Lisbon<br>11am / Parkinson's Support Group<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming                                 | 10am / Cards w/Ginger<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12pm / Potluck Birthday Lunch w/ Dennis Marshall<br>12:30pm / Basic Sign Language with Jean<br>1pm / Tai Chi                                  |  |
| Monday 1/19  | Wednesday 1/21   | Friday 1/23  |  |
| 10am / Watertown Trivia w/ Mike & CeCe<br>11am / YMCA Dance Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Legal Aid Q & A w/ Laura | 10am / Crafts w/ Sharon<br>11am / Discover Live- Martinique<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming  | 10am / Crafts w/ Mary<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Tai Chi  |  |
| Monday 1/26  | Wednesday 1/28   | Friday 1/30  |  |
| 10am / Crafts w/ LuAnne & Karen<br>11am / YMCA Dance Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming                 | 10am / Nickel Bingo<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12:30pm / Basic Sign Language with Jean<br>1pm / Cardio Drumming  | 9:30am / Movie "Coda" w/ Snacks<br>11am / Chair Exercise<br>12pm / OFA Lunch or BYO Lunch<br>12pm/ Ice Cream Social<br>12:30pm / Basic Sign Language with Jean<br>1pm / Tai Chi  |  |