

JEFFERSON COUNTY OFFICE FOR THE AGING

BEACH WARNING FLAGS
SISTEMA DE ADVERTENCIA EN LA PLAYA

-  **Water Closed to Public**
Agua Cerrada al Público
-  **High Hazard**
High Surf and/or Strong Currents
Peligro Alto: Mar Grande y/o Corrientes Fuertes
-  **Medium Hazard**
Moderate Surf and/or Currents
Peligro Medio: Marza Moderada y/o Corrientes Fuertes
-  **Low Hazard**
Calm Conditions, Exercise Caution
Peligro Bajo: Condiciones Calmas, Tené Cuidado
-  **Dangerous Marine Life**
Vida Marina Peligrosa

Absence of Flags Does Not Assure Safe Waters
Carencia de Banderas No Asegura Aguas Seguras

IF CAUGHT IN A RIP CURRENT

- Don't fight the current
- Swim out of the current, don't allow
- If you can't escape, float or tread water
- If you need help, call or wave for assistance

SAFETY

- Watch kids by water
- Never drink alcohol
- If in doubt, don't get out

14 ST

JULY 2026 NEWSLETTER

Photo by [Guzmán Barquín](#) on [Unsplash](#)

Boat

Dogs

Fish

Kids

Sand

Tide

Party

Shore

Waves

Bikini

Cooler

Diving

Picnic

Blanket

Frisbee

Surfing

Cruising

Ice Cream

Swimming

Swimsuit

Umbrella

Undertow

Boardwalk

Lifeguard

Seashells

Sunscreen

Volleyball

Restaurants

Sun Surf And Sand



Understanding Seed Oils

Contributors: Serena Ball, MS RDN | **Reviewers:** Academy Staff RDNs

Published: March 18, 2025 | **Reviewed:** June 04, 2025

Seed oils are oils extracted from the seeds of certain plants. While research suggests that a diet including seed oils is healthful, these oils have been blamed for conditions such as eczema, weight gain and inflammation, especially on social media. **So, are these oils actually bad for your health?**



When people talk about seed oils, eight specific oils get the most attention: **canola, soybean, safflower, corn, cottonseed, grapeseed, rice bran and peanut oils.** However, there are a wide variety of seed oils available, including those from **sesame, flaxseed and walnut.**

Omega-3 & Omega-6 Fatty Acids

Seed oils are composed of differing amounts of saturated, monounsaturated and polyunsaturated fats. Polyunsaturated fats, or PUFAs, are often present in the highest amounts and are the focus of most seed oil debates.

PUFAs include omega-3 and omega-6 fatty acids, which may help to decrease inflammation in the body when consumed in appropriate ratios. Research on the ideal ratio is unclear. Most seed oils have a much higher amount of omega-6 fatty acids compared to omega-3s.

However, there is a lack of research to suggest that omega-6 fatty acids cause inflammation. Omega fatty acids are often categorized as omega-3s are “good” and omega-6s are “bad” but it’s not that simple.

Omega-3 fatty acids (found in foods such as fatty fish, walnuts, chia and flaxseeds) are known for their role in supporting brain and heart health. Meanwhile, research suggests that omega-6 fats are beneficial for lowering the risk of heart disease, with recent research suggesting a decreased mortality rate for those who replace butter with plant-based oils, including those from seeds.

Omega fatty acids



How Seed Oils Are Produced

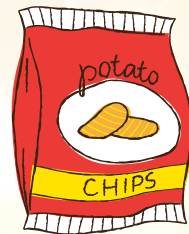
Besides being a source of omega-6, seed oils have been criticized for how they are produced. Some oils are expeller-pressed or cold-pressed, meaning that heat or chemicals are not used during the process of oil extraction.

These oils are produced in small batches, can have a cloudy appearance and can go rancid quickly. In order to yield a clear, shelf-stable oil, producers use heat in extracting the oil from the seed.

Chemical solvents may be used to make the extraction process more efficient with less waste. Concerns exist about the potential for chemicals, such as hexane, to remain in oils after processing. However, residue levels are well below safety limits, even among adults with some of the highest levels of daily fat intake in the United States.

Should Some Seed Oils Be Avoided?

It's important to consider a variety of factors when choosing what to eat. Top sources of seed oils for many Americans come from ultra-processed foods, such as baked goods, chips, frozen meals, convenience items and fried food, which lack nutrition.



If you find a seed oil listed in the ingredients of foods like whole-grain bread or peanut butter, review the Nutrition Facts label to see if the food provides other beneficial nutrients and fits into your healthy eating routine. Including more omega-3 fats in your day may be beneficial. Try sandwiching tuna fish between two slices of whole-grain bread or spreading the bread with peanut butter and sprinkling with ground flaxseed — another source of omega-3.

Cooking & Baking

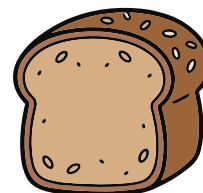
Seed oils such as grapeseed, canola and soybean (labeled as vegetable) have a high smoke point, which means they don't degrade during cooking. In addition, they are good substitutes for solid fats like butter, lard or shortening, which contain more saturated fats. There are many healthy ways to use seed oils:

- Substitute for some of the solid fat in baked goods, such as whole-grain muffins
- Season a cast iron skillet
- Oil grill grates to keep food from sticking
- Roast vegetables in the oven to get a toasted flavor
- Stir-fry meat & vegetables
- Pop popcorn on the stove
- Make salad dressings - the fat in oils increases the absorption of the fat-soluble vitamins A, E, and K that are in leafy greens.



Using seed oils to prepare wholesome food at home can be beneficial to your health, especially when they are used to replace sources of saturated fat. This substitution promotes healthful eating and can help to reduce total cholesterol and the risk of heart disease.

In general, limit packaged dessert and snack items, which may contain seed oils and lack in nutrients. However, there's no need to avoid nutrient-dense foods, such as nut butter and whole-grain breads, that contain seed oils.



Extreme Heat Information For Older Adults & Caregivers

According to the Center for Disease Control and Prevention (CDC), extreme heat is increasing in the United States and is projected to be more frequent and intense.

This poses a serious threat to older adults and those with chronic diseases who are at the highest risk for heat-related illness. While serious health and safety effects are preventable in many cases, approximately 1,220 people in the United States are killed by extreme heat every year, the CDC reports.

According to the CDC, factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription Drug Use
- Heat Disease
- Mental Illness
- Poor Circulation
- Sunburn
- Alcohol Use

Before a heat wave you should:

- Know the symptoms of heat-related illnesses: heavy sweating; cold, pale, and clammy skin; fast, weak pulse; nausea or vomiting; muscle cramps; tiredness or weakness; dizziness; headache; fainting (passing out).
- Make sure that you can open your windows and/or that your air conditioner is working properly. To see if you qualify for cooling assistance call DSS at (315) 785-3229
- Find out where to cool down – Identify air-conditioned buildings where you can go (such as libraries, malls, supermarkets, or friends' homes).
- Choose someone that you can call for help or who can check on you
- Talk to your doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat.

During a heat wave you should:

- Use air conditioning to cool down or go to an air-conditioned building
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- Drink plenty, particularly water (at least 2-4 glasses of water per hour during extreme heat) even if you do not feel thirsty. Your body needs water to keep cool. Avoid alcohol, caffeine and sugary drinks.
- Beat the heat with cool showers and baths
- Take regular breaks from physical activity
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. & 4 p.m.)

Older Adults Among Those at Highest Risk for Heat-Related Illness

During a heat wave you should (Continued):

- Wear loose, lightweight, light-colored clothing to help keep cool
- Stay out of the sun as much as possible
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are older or have special needs

Did you know?

- When indoor air temperatures are hotter than 95° F it can be dangerous to use a fan- On very hot, humid days, sweat evaporates off the skin slower than normal, which means fans blowing that air over the body makes it difficult for your body to cool you off by sweating.
- Fans usage at these temperatures may cause your body to gain heat instead of lose it, which can cause dehydration to occur more quickly.
- When indoor air temperatures are cooler than 95° F you should use a fan in the window so cooler air from the outside can circulate over the body helping you to regulate temperature quickly.

Places to Get Cool:

New York State pools and beaches across the New York State Park system are available for individuals to cool off during hot days this summer. There are 16 parks within Jefferson County they are:

- Black River Trail
- Burnham Point State Park
- Canoe-Picnic Point State Park
- Cedar Point State Park
- Long Point State Park
- Mary Island State Park
- Robert G. Wehle State Park
- Rock Island Lighthouse State Park
- Dewolf Point State Park
- Grass Point State Park
- Keewaydin State Park
- Kring Point State Park
- Southwick Beach State Park
- Waterson Point State Park
- Wellesley Island State Park
- Westcott Beach State Park

For further information on how to stay safe during periods of excessive heat, please visit the [New York State Department of Health](#) website or the [CDC website](#).

Lastly, for information on long term care services and supports for older adults and caregivers, please visit [NY Connects](#) or call 1-800-342-9871.

The Jefferson County

Office for the Aging



2026 Senior Picnic



Westcott Beach State Park, Pavilion D



Wednesday, July 15th, 2026

(Rain Date: Thursday July 16th, 2026)



10 A.M. - 2 P.M.

Seniors 60 + will have a chance to win a prize from our raffle!

Free parking for cars who have an individual 62 or older in them, ID must be presented at the park entrance. All other cars are subjected to an \$8 fee.

Lunch will be provided to those who register before the deadline (June 26th, 2026)

**A HUGE thank you to
our sponsor!**





JEFFERSON COUNTY OFFICE FOR THE AGING SENIOR HEALTH EXPO

Learn about services in Jefferson County that could aid you in your day-to-day life.

JOIN US FOR THIS FREE EVENT!



August 20th, 2026



9 AM - 1 PM



Watertown Municipal Arena
600 William T Field Dr.
Watertown, NY 13601



A HUGE THANK YOU TO OUR SPONSORS SO FAR.....



Your Bank For Good.



Got Medicare Questions?



Health Insurance Information Counseling & Assistance Program (HIICAP) is funded by the NYS Office for the Aging and helps people of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

HIICAP's certified volunteer insurance counselors provide personalized counseling face to face or over the phone to individuals who have questions about Medicare. Frequently HIICAP is helping people understand what Medicare covers:

- Part A is hospital insurance
- Part B is medical insurance
- Part C is the option of a Medicare Advantage Plan (through a private insurance company)
- Part D is Medicare prescription drug coverage (also through a private insurance company)

In addition, counselors provide information on Medicare supplement policies.

A common concern brought to HIICAP is the issue of cost-keeping insurance and health care costs within each person's budget. Those concerns are addressed in several ways, including informing people with low incomes about options that can assist them with:

- Medicare Savings Program
- Part D Extra Help Program
- Medicaid
- Comparing the costs and coverages offered through Medicare supplemental policies (Medigap) and Medicare Advantage Plans.
- New York State's Pharmaceutical Assistance Program (EPIC) which can help with drug costs.

At each appointment, the starting point is your individual situation, your questions, and concerns. If you wish to talk with a certified counselor, call the Jefferson County Office for the Aging at (315) 785-3191 to make an appointment.

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 - 1 2:30 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

Are You A Caregiver?

Do You...?

- **Help An Older Adult 60 Or Older?**
- **Have Errands To Run?**
- **Just Need A Break?**

Scan with your
phone camera to
visit our website!



Have You Heard Of Respite Haven?

Respite Haven is a social day program overseen by the Jefferson County Office for the Aging staff and their trained volunteers.

They offer a safe space filled with engaging activities for your loved one, while providing quality care for older adults that exhibit Alzheimer's and/or dementia symptoms. Older adults who are 60 and older, looking for a place to socialize are also welcome!

Currently located in Watertown & Clayton, with more locations potentially on the way!
Watertown Respite is open Monday - Wednesday 9:30 am - 3:30 pm.
Clayton Respite is open Thursday & Friday 9:30 am - 3:30 pm.

There are no fees to attend.

Want To Learn More? Get In Touch!



Jefferson County Office for the Aging
(315) 785-3191

www.jeffersoncountyny.gov

Facebook: Jefferson County Office for the Aging





RIVER COMMUNITY CLINIC

No Insurance? No Problem!

The River Community Clinic offers high quality healthcare at no cost to patients without health coverage.



FRIDAY HOURS AVAILABLE

Medical Office Building River Hospital

Our Services



Primary Care

Providing general healthcare services to patients 18 and older to include:

- *Chronic Disease Management*
- *Routine Check-Ups*
- *Vaccinations*
- *Preventive Care*



APPOINTMENTS ARE REQUIRED! CALL 315-482-1291 TO GET SCHEDULED!



What Is Adult Social Daycare And How Can It

Benefit Older Adults



Watertown
Adult Social Day Center

As our loved ones age, many families begin searching for ways to help them remain active, connected, and supported during the day while still living at home. One valuable option is adult social daycare.

Adult social daycare programs provide older adults and individuals with disabilities a safe, supervised environment where they can socialize, participate in activities, enjoy meals, and receive support throughout the day. These programs are designed to improve quality of life while also giving caregivers much-needed assistance and peace of mind.

What Is Adult Social Daycare?

Adult social daycare is a community-based program that offers structured daytime services for seniors and adults who may need supervision, companionship, or assistance with daily activities.

Unlike nursing homes or assisted living facilities, participants return home at the end of the day. Adult social daycare focuses on promoting independence, social interaction, emotional well-being, and meaningful engagement.

Programs typically operate during normal business hours and may offer:

- Social and recreational activities
- Music and games
- Nutritious meals and snacks
- Memory-support activities
- Transportation Services
- Arts and crafts
- Exercise and wellness programs
- Educational activities
- Supervision and companionship

Adult social daycare centers create an environment where members can remain active, build friendships, and maintain a sense of routine and purpose.

Who Can Benefit From Adult Social Daycare?

Adult social daycare can benefit many individuals, including:

- Individuals recovering from illness or hospitalization
- Individuals with memory loss or early-stage dementia
- Seniors experiencing loneliness or isolation
- Family caregivers who need daytime support
- Older adults who live alone
- Adults with physical disabilities





The Benefits of Adult Social Daycare

1. Reduces Social Isolation

Loneliness can have a major impact on physical and emotional health, especially for older adults. Adult social daycare provides opportunities to socialize, make friends, and participate in group activities in a welcoming environment. Regular interaction with peers and staff helps participants feel connected and valued.

2. Encourages Mental Stimulation

Programs often include games, puzzles, music, crafts, discussions, and memory activities that help keep the mind active and engaged. Mental stimulation may help support cognitive health and improve overall mood and confidence.

3. Promotes Physical Activity

Many adult daycare programs offer light exercise, stretching, walking groups, chair yoga, or movement-based activities tailored to participants' abilities. Staying physically active can improve strength, mobility, balance, and overall wellness.

4. Provides Structure and Routine

Having a consistent daily schedule can be especially beneficial for seniors and individuals with memory-related conditions. A structured environment helps reduce confusion, anxiety, and boredom while giving participants something positive to look forward to each day.

5. Supports Family Caregivers

Caring for a loved one full-time can be physically and emotionally demanding. Adult social daycare provides caregivers with time to work, attend appointments, rest, or manage personal responsibilities. This support can help reduce caregiver stress and burnout while allowing loved ones to continue living at home longer.

6. Improves Emotional Well-Being

Engaging in enjoyable activities, building friendships, and maintaining independence can greatly improve self-esteem and emotional health. Participants often experience improved mood, reduced depression, and a greater sense of belonging.

7. Offers A Safe And Supervised Environment

Adult social daycare centers are designed to provide a secure setting with trained staff who can assist participants as needed. Families gain reassurance knowing their loved one is safe, supervised, and cared for during the day.



It can have oars, an outboard motor, or a built-in motor

Some beaches don't allow these animals, unless they are leashed

Some people like to ___ off of the piers instead of swimming

___ like to build sandcastles and search for sea life on the shore

This can get into the most uncomfortable places!

The ebb and flow of the ocean

A beach ___ may include a bonfire at night

Where the water meets the sand

It's fun to ride these into the shore if you have a short board

"It was an itsy-bitsy, teeny-weeny yellow polka dot ___"

Holds ice and drinks

Watch out for rocks before even thinking about ___ into the water

If you don't want to buy food, bring a ___

Bring a towel or ___ to sit on

Fun throwing object - even dogs like to play with it

Hang ten!

___ is when you drive your car slowly back and forth to see and be seen

Eat it quick before it melts!

The most popular activity in the water

If you're going swimming you'd better bring your ___

Even with sunscreen, having an ___ to shade you is a good idea

Watch out for this, it can drag you farther from shore than you think!

"Under the ___" by the Drifters

The person who watches for swimmers in trouble

___ often wash up on the shore, but it's hard to find whole ones

Don't forget to put this on if you don't want to get burned

Beach ___ is a sport with a ball, a net and two to six people per team

Boardwalks often have many vendors and ___

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Answers on back of first page

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

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

Enter the unused letters from the puzzle, in order:

— — — — — —

— — — — — — — — — — —

— — — — — — — — —

Copy boxed letters to form your hidden message:

The Senior Farmer's Market Coupons
will be available mid-July.

Availability is limited and is on a
first come first served.

Only 1 coupon book per individual.
You must meet eligibility
guidelines.

Please call the Jefferson County
Office for the Aging (315) 785-3191
for more information

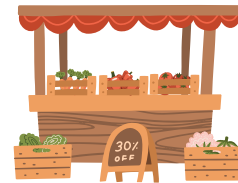
2026 Jefferson County Farmers Market Schedule

Explore & support small agricultural businesses in Jefferson County by shopping at your local farmers markets!

FMNP- Farmers Market Nutrition Program

SNAP- Supplemental Nutrition Assistance Program

NC-FVRx- North County Fruits & Vegetables Prescription Program



Cape Street Market

June 2nd - October 20th

Tuesday 10 AM - 3 PM

Cape Vincent Village Green

357 Broadway St. Cape Vincent, NY 13618

Accepts: SNAP/FMNP/NC-FVRx



Coyote Moon Vineyards Farm & Flea Market

June - September

Sunday 10 AM - 4 PM

Coyote Moon Vineyards

17342 E Line Rd, Clayton, NY 13624

Accepts: SNAP



Carthage Farmers Market

May 22nd - October 9th

Friday 10 AM - 4 PM

Farmers Market Pavillion

Riverside Dr, Carthage, NY 13619

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



Sackets Harbor Community Farmstand

May 23rd - September 19th

Saturday 9 AM - 4 PM

130 W. Main Street, Sackets Harbor, NY 13685

Swan Bay Farmers Market

June 12th - September 12th

Friday 10 AM - 4 PM, Saturday 8 AM - 12 PM

43615 State Route 12, Alexandria Bay

Chaumont Farmers Market

June 12th - September 11th

Friday 10 AM - 4 PM

Lyme Community Foundation

12030 Route 12 E, Chaumont, NY 13622

Accepts: SNAP/FMNP/NC-FVRx



Watertown Farm & Craft Market

May 27th - October 7th

Wednesday 8 AM - 2 PM

317 Washington Street, Watertown, NY 13601

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx

Clayton Farmers Market

May 28th - October 15th

Thursday 10 AM - 4 PM

Cerow Recreation Park Arena

615 E Line Rd, Clayton, NY 136224

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



Watertown Saturday Farmers Market

May 16th - November 7th

Saturday 9 AM - 2 PM

JB Wise Place Pavilion

175 Black River Parkway, Watertown, NY 13601

Accepts: SNAP/FMNP/Fresh Connects/NC-FVRx



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026-

Paynter Center



5
Fitness Room Open
Monday - Friday
7 AM - 7 PM

10 AM Bingo
10 AM Cardio Drumming
11 AM Balanced Boxing
12 PM Mahjong
1 PM Scrabble

9 AM Watertown Shopping
10 AM Boomers - Cancelled
10 AM Cardio Drumming
11:15 AM Zoomers - Cancelled
12 PM Lunch
3 PM Ukulele Lessons

9 AM Clayton Shopping
9 AM Zumba w/ Lorna
10 AM Coffee Hour
11 AM YouTube Chair Exercise
12 PM Lunch
1 PM Tai Chi
6 PM Al-anon

10 AM Boomers
11:15 AM Zoomers
12 PM Lunch
5 PM Chair Yoga

10 AM Bingo
12 PM Lunch
12 PM Mahjong

11

12

10 AM Bingo
10 AM Cardio Drumming
11 AM Balanced Boxing
12 PM Mahjong
1 PM Scrabble
1 PM Crafts with Sharon

10 AM Boomers
11:15 AM Zoomers
12 PM Lunch
3 PM Ukulele Lessons
6 PM Stolen Moments
Ink Crafts

9 AM Clayton Shopping
9 AM Zumba w/ Lorna
9:30 AM OFA Picnic
10 AM Coffee Hour
11 AM Chair YouTube Exercise
1 PM Tai Chi
6 PM Al-anon

10 AM Boomers-Circuit
10 AM Painting with Cathy Wood
11:15 AM Zoomers
12 PM Lunch
5 PM Chair Yoga

10 AM Bingo
12 PM Mahjong
12 PM Lunch
5 PM Community Dinner

18

19

10 AM Bingo
10 AM Cardio Drumming
11 AM Balanced Boxing
12 PM Mahjong
1 PM Scrabble
6:30 PM Arrthmas Big Band Music

10 AM Boomers
11:15 AM Zoomers
12 PM Lunch
3 PM Ukulele Lessons

9 AM Clayton Shopping
9 AM Zumba w/ Lorna
10 AM Coffee Hour
11 AM Chair YouTube Exercise
1 PM Tai Chi
6 PM Al-anon
4-8 PM C-Way Dinner

10 AM Boomers
11:15 AM Zoomers
12 PM Lunch
5 PM Chair Yoga

10 AM Bingo
12 PM Lunch
12 PM Mahjong

25

26

10 AM Copenhagen Lavendar Farm Tea
10 AM Bingo
10 AM Cardio Drumming
11 AM Balanced Boxing
12 PM Mahjong
1 PM Scrabble

10 AM Boomers-Circuit
11:15 AM Zoomers
12 PM Lunch
3 PM Ukulele Lessons

9 AM Clayton Shopping
9 AM Zumba w/ Lorna
10 AM Coffee Hour
11 AM Chair YouTube Exercise
1 PM Tai Chi
6 PM Al-anon

10 AM Boomers
11:15 AM Zoomers
12 PM Lunch
5 PM Chair Yoga

10 AM Bingo
12 PM Lunch
12 PM Mahjong

31




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

Paynter Center

914 Strawberry Lane, Clayton NY 13624

315 - 686 - 3553

Watertown Senior Center July Calendar


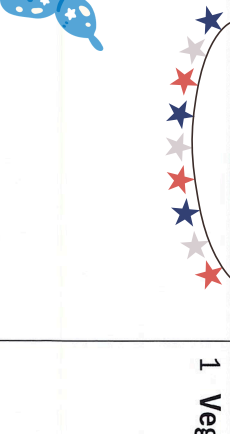
<p>Every Day - 9am Meet & Greet Every Day - 3pm Close</p> <p>Sign up for OFA's Lunches at (680)222-7038 48 Hour Prior Notice Required</p>	<p>10am / History of Fort Drum 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>10am / Games & Puzzle Contest 11am / Chair Exercise 12pm / Discover Live Tour- Monuments & Memorials- National Mall 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p> 
<p>Monday 7/6</p> <p>10am / Family Feud 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Wednesday 7/8</p> <p>10am / Nickel Bingo 10:30am / Discover Live Tour- Norwich England 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch (OFA Meal Audit) 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Friday 7/10</p> <p>10am / Funeral Planning w/ Jill Bruce 11am / Chair Exercise 11am / Nutrition by OFA 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>
<p>Monday 7/13</p> <p>10am / Rummikub 10:30am / Vegetable Distribution 11am / YMCA Chair Yoga 12pm / Ice Cream Float Day 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p> 	<p>Wednesday 7/15</p> <p>10am / Song Burst 11am / Discover Live Tour- Algiers, Africa 11am / Chair Exercise 11am / Parkinson Support Group 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Friday 7/17</p> <p>9:30am / Qi Gong 10am / TV Trivia 11am / Nutrition by OFA 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>
<p>Monday 7/20</p> <p>10am / Card Making w/ Ginger 10am / Games 10:30am / Vegetable Distribution 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming 1:30pm / Discover Live Tour- Bahia, Brazil</p>	<p>Wednesday 7/22</p> <p>10am / Diamond Art w/ Sandy 11am / Chair Exercise 12pm / Potluck Birthday Lunch 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Friday 7/24</p> <p>9:30am / Qi Gong 10am / Nickel Bingo 11am / Nutrition by OFA 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>
<p>Monday 7/27</p> <p>10am / Lost Villages of Fort Drum w/ PIVOT 10:30am / Vegetable Distribution 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Wednesday 7/29</p> <p>9:30am / Movie Day 9:30am / Crafts w/ Sharon 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p>	<p>Friday 7/31</p> <p>9:30am / Qi Gong 10am / Book Club 10am / Trivia w/ Mike 11am / Chair Exercise 12pm / Pizzo Day (\$5 Sign Up by 7/29) 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1:15pm / Cardio Drumming</p> 

July 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191. All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Veggie & Cheese Omelet Potatoes O'Brien Stewed Tomatoes 100% Orange Juice Bran Muffin	2 Hot Dog w/ Whole Wheat Bun Mixed Vegetables Baked Beans Apple Pie Coleslaw	3 Happy 4th of July! Meal Sites & Offices Closed 
6 Hearty Veggie Bean Soup Cauliflower Mixed Fruit Warm Biscuit	7 Turkey with Gravy Mashed Potatoes Green Beans Peach Yogurt Parfait Whole Wheat Bread	8 Chicken Waldorf Salad Four Bean Salad Carrot Raisin Salad Grape Salad Whole Wheat Crackers	9 Breaded Fish w/ Whole Wheat Bun Roasted Potatoes Spinach Pineapple	10 Tuna Salad Cold Plate Potato Salad Marinated Vegetable Salad Fresh Strawberries Whole Wheat Sub Roll
13 Seasoned Pork Chop Mashed Potatoes Brussel Sprouts Applesauce Whole Wheat Bread	14 Meatballs w/ Whole Wheat Sub Roll Carrots & Peas Red Cabbage Fruited Jello	15 Closed for the Office for the Aging Annual Senior Picnic. No Meal Delivery.	16 Macaroni & Cheese Italian Stewed Tomatoes Mixed Vegetables Pears Whole Wheat Bread	17 Chicken Riggies Broccoli Banana Garlic Bread Chocolate Milk
20 Tuscan Chicken over Brown Rice Spinach Warm Peaches Whole Wheat Bread	21 Spaghetti & Meat Sauce Green Beans Warm Garlic Bread Fresh Apple Chocolate Milk	22 Turkey Noodle Soup Zucchini Corn Cottage Cheese & Mandarins Whole Wheat Crackers	23 BBQ Rib w/ Whole Wheat Bun Potato Salad Lima Beans Mixed Fruit	24 Turkey Roll Ups Classic Pasta Salad Broccoli Quinoa Salad Fresh Watermelon Sherbet Whole Wheat Sub Roll
27 Mexican Chicken Casserole Sweet Potatoes Street Corn Lime Dessert	28 Goulash Cheesy Broccoli Warm Pears Pudding Whole Wheat Bread	29 Chicken w/ Parmesan Cream Sauce Mashed Potatoes Green Beans 100% Juice Whole Wheat Bread	30 Seafood Salad Cold Plate Macaroni Salad Creamy Cucumber Salad Fresh Peach Whole Wheat Sub Roll	31 Pulled Pork w/ Whole Wheat Bun Garlic Roasted Potatoes Brussel Sprouts Applesauce

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Annabelle W. DeWanghe, RD





August 2026

Jefferson County Office for the Aging Nutrition Program Menu

For meal reservation or cancellation 24 hours in advance, please call Jefferson County Office for the Aging (315) 785-3191.

All meals contain 2% Milk. Condiments not provided.

Menu is subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Vegetable Ziti Cauliflower Green Beans Fresh Orange Whole Wheat Bread	3 Sweet & Sour Meatballs Mashed Potatoes Glazed Carrots Pineapple Whole Wheat Bread	4 Lemon Garlic Roasted Chicken Sweet Potatoes Broccoli Mixed Fruit Whole Wheat Bread	5 Italian Sausage w/ Peppers & Onions on Whole Wheat Bun Baked Beans Brussel Sprouts Banana	6 Tuna Macaroni Salad Four Bean Salad Tomato & Cucumber Salad Fresh Cantaloupe Whole Wheat Crackers
10 Baked Ham w/ Pineapple Sauce Brown Rice Mixed Vegetables Pineapple Delight Whole Wheat Bread	11 Roast Beef w/ Whole Wheat Bun Potato Salad Coleslaw Fresh Apple	12 Vegetable Pasta Primavera Carrots & Peas Warm Garlic Bread Pears Chocolate Milk	13 BBQ Chicken Sandwich w/ Whole Wheat Bun Roasted Potatoes Green Beans Mixed Fruit Oatmeal Cookie	14 French Toast Casserole Turkey Sausage Cheesy Broccoli Blueberry Yogurt Parfait
17 Sloppy Joe w/ Whole Wheat Bun Baked Potato Brussel Sprouts Strawberry Dessert	18 Unstuffed Peppers Carrots Warm Peaches Graham Crackers Chocolate Milk	19 Creamy Tomato Soup Mixed Vegetables Warm Corn Bread Egg Salad & Crackers Apricots	20 Roast Pork with Gravy Mashed Potatoes Spinach Cinnamon Applesauce Whole Wheat Bread	21 Chicken Salad Southwest Quinoa Salad Pea Salad Fresh Grapes Whole Wheat Roll
24 Meatloaf with Gravy Mashed Potatoes Broccoli Mandarin Oranges Whole Wheat Bread	25 Baked Fish in Garlic Sauce w/ Pasta Harvard Beets Zucchini Pears Whole Wheat Bread	26 Ham & Cheese Frittata Potatoes O'Brien Spinach 100% Orange Juice Bran Muffin	27 King Ranch Chicken Casserole Green Beans Corn Fresh Peach Whole Wheat Bread	28 Stuffed Shells Italian Stewed Tomatoes Mixed Green Salad Mixed Berry Crisp Whole Wheat Bread
31 Cheeseburger Casserole Mixed Vegetables Baked Apples Poke Cake Whole Wheat Bread				

Menus have been certified by a Registered Dietitian that each menu meets 1/3rd of the DRI's and are planned based on the recommendations in the current Dietary Guidelines for Americans.

Approved by: [Signature]

