



Jefferson County

Office for the Aging

June 2026 Newsletter

Photo by [Rayia Soderberg](#) on [Unsplash](#)

Fair
July
Sand
Beach
Bored
Video
Museum
Picnic
Suntan
Travel
Skates
Bicycle
Camping
Concert
Friends
Reading
Reunion
Sunburn
Baseball
Bleached
Carnival
Chlorine
Sunblock
Swimming
Vacation
Babysitter
Convertible
Waterskiing



Fun In The Sun

Make a Fresh Start with Spring Foods

Spring is a great time to hit the reset button and reintroduce some fresh produce into your day after a long winter. Get into the swing of spring produce with these four seasonal favorites.

Spinach

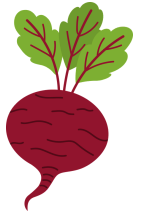
One cup of cooked spinach is packed with vitamins A and K, which are essential for eye and bone health. This amount of spinach also delivers a high amount of folate and iron, which help prevent certain types of anemia. And its magnesium and potassium are important for muscle development and while vitamin C helps support immune function.



Serve spinach salads or try it sautéed with meat, fish and tofu. For those who don't like veggies, the mild flavor of spinach is easily masked. Just purée and mix it into sauces, smoothies, soups and meatballs.

Beets

A cup of beets is an excellent source of folate and a good source of dietary fiber. Did you know beet greens also are edible? A one-cup serving of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium.



Challenge the stereotype of beets being one of the most-hated vegetables by preparing these nutritious roots in tasty ways. Roast beets and serve hot or cold for a touch of sweetness and a pop of color. Blend cooked beets into soups and sauces or shred raw beets as a crunchy topping for salads, tacos and more.

Strawberries

Another seasonal superstar is fresh strawberries. Just 1 cup of sliced strawberries provides a day's worth of vitamin C, plus a hearty dose of manganese, which is important for bone development. A cup of strawberries also packs 3 grams of dietary fiber.



Try them alone, in a fruit salad, in a green salad, over cereal, with yogurt or even blend frozen strawberries into a smoothie for a thicker consistency. And don't toss those strawberry tops that you washed and cut off! Add them to still or sparkling water for a refreshing, fruity infused beverage.

Asparagus

One cup of cooked asparagus is an excellent source of bone-building vitamin K, as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and pair with all kinds of foods.



Asparagus is super tasty when roasted with a little olive oil, salt and pepper. Serve as a side with dinner or cut into pieces to add to pasta, stir-fries, salads and more.

Strawberry Spinach Salad with Optional Chicken

This stunning Strawberry Spinach Salad is a delicious side dish or main-dish salad, especially when you add cooked chicken. It's flavorful, beautiful, and well-rounded with veggies, fiber, healthy fats, and protein. Includes a homemade strawberry vinaigrette.

Servings: 4 | Prep Time: 20 Minutes | Total: 20 Minutes

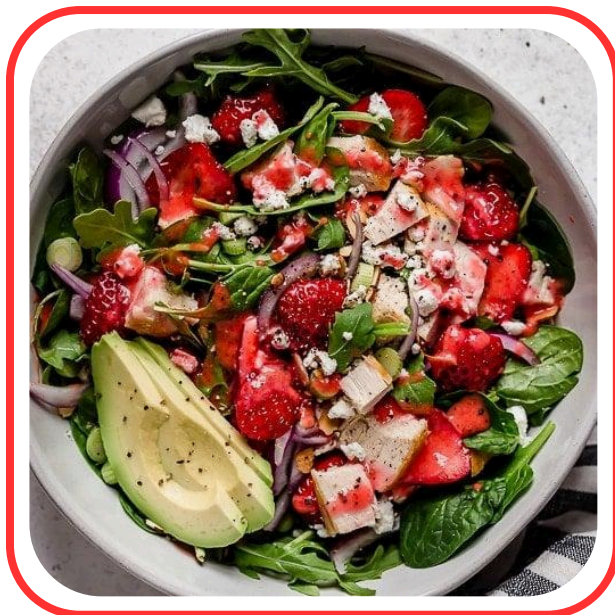
Ingredients

For the Strawberry Vinaigrette:

- 4–5 medium strawberries, halved
- ¼ cup extra-virgin olive oil
- 2 tablespoon champagne vinegar
- 2 tablespoons lemon juice (1/2 large lemon)
- 1–2 teaspoons pure honey (omit for Whole 30)
- Dash of fine salt & black pepper

For the Salad:

- 6 cups baby spinach or salad greens of choice
- 6 medium strawberries, sliced
- ½ cup thinly sliced red onion
- 4 green onions, whites and light green parts, sliced thin
- 4 ounces goat cheese, crumbled (omit for Whole 30 or dairy-free)
- ⅓ cup sliced almonds, toasted* (omit for nut-free)
- 12 ounces cooked chicken (grilled or rotisserie chicken are great too)
- 1 medium avocado, sliced



Instructions:

In a blender or small food processor, combine the vinaigrette ingredients. Blend until smooth. Taste and add additional honey if you prefer more sweetness. Set aside.

In a large salad bowl, combine the salad ingredients. This can also be done in one large salad bowl or by dividing the salad ingredients among 4 individual bowls/ plates.

Gently toss the salad with the vinaigrette just before serving. You may not need to add all of the vinaigrette- add as much or as little as you'd like, or serve it on the side.

© The Real Food Dietitians

Recipe By: Stacie Hassing

Find it online: <https://therealfooddietitians.com/strawberry-spinach-salad-with-chicken/>

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.**



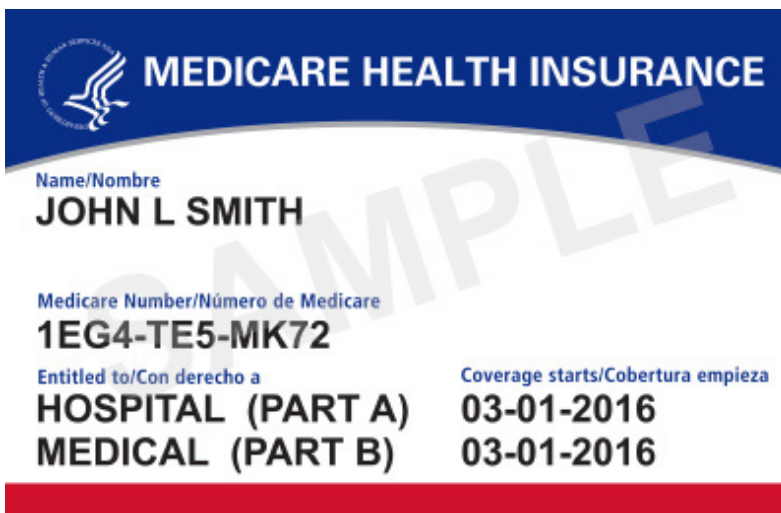
Jefferson County Office for the Aging
175 Arsenal St. 2nd Floor- Large Conference Rm.
Watertown, NY 13601



Thursday, June 11th, 2026
2pm - 4pm

Medicare Savings Program (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.



MEDICARE HEALTH INSURANCE

Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

| | |
|---------------------------|-----------------------------------|
| Entitled to/Con derecho a | Coverage starts/Cobertura empieza |
| HOSPITAL (PART A) | 03-01-2016 |
| MEDICAL (PART B) | 03-01-2016 |

If you are a Medicare recipient and your gross monthly income is \$2,446 OR LESS (Married income \$3,299 OR LESS) YOU MAY BE ELIGIBLE!

Call the Office for the Aging to make an appointment with one of our Health Insurance Counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

Call 315-785- 3191

Rides, games, animals and exhibits

The 4th of this month is a great American party

This gets in the most uncomfortable places

Great place for sunning, surfing and swimming

"I'm ___." The bane of summer

These types of games used to cost only 25 cents

For an educational outing you cen go here

A blanket, food, friends, but hopefully not ants

Lay out and bake yourself to get this

You can do this by car, plane, or train

Inline or roller ___

Pedal power gets you around

Get away from it all, but don't forget a tent!

A music performance

People you do things with

Got a good book? Great for lazy days

When the whole family gets together once a year

You don't want this to happen in the sun. Ouch!

The 'Boys of Summer' play this game

Too much time in the sun and your hair may get

Rides, games, prizes and cotton candy

May sting your eyes, but it keeps the pool clean

Apply this to keep from turning red

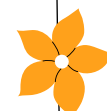
Great activity for cooling off on a hot day

What every school kid longs for

Who to call when the parents want to go out

Drive this with the top down and the music up

High speed fun being towed behind a boat



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

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

Enter the unused letters from the puzzle, in order:

— — — — — — — — — — — —

— — — — — — — — — — — — —

— — — — — — — — — — — — —

Copy boxed letters to form your hidden message:

| | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|
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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.



DOYLE
Medical Monitoring



Samaritan
Health

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)

Jefferson County
Office for the Aging

Senior Picnic
Registration Form

Please Return All 3
Pages to the Office

2026 Jefferson County Office for the Aging Senior Picnic

Wednesday July 15th, 2026 | Westcott Beach State Park | 10 AM - 2 PM

(Rain Date: Thursday July 16th, 2026)

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Registration due by: Friday June 26th, 2026</p> <p>Send completed reservation form and your check made out to the: "Jefferson County Treasurer" to Jefferson County Office for the Aging 175 Arsenal Street, Watertown, NY 13601</p> <p>\$8.00 Parking Fee for those under 62, ID must be shown at the entrance to the park*</p> <p>\$6.00 for individuals 60 and older \$12.00 for individuals under the age of 60</p> | <p><u>Menu</u></p> <p>Deli Meat on a Sub Roll Pasta Salad Tomato & Cucumber Salad Mixed Berry Cheesecake Parfait Beverages</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|

One Reservation Form Per Person- All Pages Must Be Returned to The Office for the Aging

| | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------------------|
| Last Name, First Name: | | | Middle Int: |
| Address: | | City: | |
| State: | Zip: | County: | Phone: |
| Date of Birth: | Gender: <input type="radio"/> Female <input type="radio"/> Male <input type="radio"/> X | | Veteran: <input type="radio"/> Yes <input type="radio"/> No |
| Person who is Frail?: <input type="radio"/> Yes <input type="radio"/> No Person with a Disability?: <input type="radio"/> Yes <input type="radio"/> No Limited ability to read, speak, write or understand English?: <input type="radio"/> Yes <input type="radio"/> No If yes, what is your primary language?: | | | |
| Any Communication Needs?: | | Number of People in Household: | |
| Marital Status: <input type="radio"/> Married <input type="radio"/> Divorced <input type="radio"/> Separated <input type="radio"/> Domestic Partner/ Significant Other <input type="radio"/> Single <input type="radio"/> Widowed | | | |
| Living Status: <input type="radio"/> Alone <input type="radio"/> Other <input type="radio"/> Spouse <input type="radio"/> Spouse & Others <input type="radio"/> Child(ren) <input type="radio"/> Relative(s) <input type="radio"/> Parent/ Guardian <input type="radio"/> Domestic Partner <input type="radio"/> Domestic Partner & Others <input type="radio"/> Non-Relative(s) <input type="radio"/> Non-Relative(s) in a community-based setting <input type="radio"/> Non-Relative(s) in a facility | | | |
| Please check the category your monthly income falls within: Single: <input type="radio"/> Below \$1,330 <input type="radio"/> \$1,331 - \$1,664 <input type="radio"/> \$1,665 - \$1,995 <input type="radio"/> \$1,996 - \$2,461 <input type="radio"/> \$2,462+ Couple: <input type="radio"/> Below \$1,803 <input type="radio"/> \$1,804 - \$2,254 <input type="radio"/> \$2,255 - \$2,705 <input type="radio"/> \$2,706 - \$3,336 <input type="radio"/> \$3,337+ | | | |

| | | |
|--------------------------------------|--------------------------------------------------------------|----------------------------------------------------|
| Emergency Contact Information | <u>Must Be Completed If Under 60</u> | |
| Name: | Are you under 60 and the spouse of an eligible senior? | <input type="radio"/> Yes <input type="radio"/> No |
| Phone Number: | Are you disabled and living in senior housing? | <input type="radio"/> Yes <input type="radio"/> No |
| Relationship: | Are you an eligible volunteer under 60? | <input type="radio"/> Yes <input type="radio"/> No |
| | Are you disabled and living at home with an eligible senior? | <input type="radio"/> Yes <input type="radio"/> No |

Read the statements below. Circle the number in the "YES" column for those that apply to you. For each answer, score that number in the box. Total your nutritional score and compare below.

| | <u>YES</u> |
|-----------------------------------------------------------------------------------|-------------------|
| I have an illness or condition that made me change the kind/amount of food I eat. | 2 |
| I eat fewer than 2 meals a day. | 3 |
| I eat few fruits, vegetables, or milk products. | 2 |
| I have 3 or more drinks of beer, liquor, or wine almost every day. | 2 |
| I have tooth or mouth problems that make it hard to eat. | 2 |
| I don't always have enough money to buy the food I need. | 4 |
| I eat alone most of the time. | 1 |
| I take 3 or more different prescribed or over-the-counter drugs a day. | 1 |
| Without wanting to, I have lost or gained 10 pounds in the last 6 months. | 2 |
| I am not always physically able to shop, cook, and/ or feed myself | 2 |
| TOTAL | |

Score of 0-2 Good, recheck at six months.

Score of 3-5 at moderate nutritional risk & need to see what to do to improve eating habits and make life-style changes.

A score of 6 or more means you are at a high nutritional risk. Take the checklist to a doctor, dietitian or qualified health or social service professional and talk to them. Ask for definite ways to improve your nutritional risk.

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

The following information is for demographic purposes only!

Race (select one or more):

- American Indian / Native Alaskan
- Asian *
- Black or African American
- Middle Eastern *
- Native Hawaiian / Other Pacific Islander *
- North African *
- White - Hispanic
- White - Not Hispanic

***If Asian:** Asian Indian Bangladeshi Chinese
 Japanese Pakistani Korean Vietnamese
 Prefers not to answer Other:

***If Middle Eastern :** Armenian Iranian Iraqi Israeli
 Jordanian Lebanese Palestinian Saudi Syrian
 Yemeni Prefers not to answer Other:

***If Native Hawaiian / Other Pacific Islander:** Chamorro
 Guamanian Native Hawaiian Samoan
 Prefers not to answer Other:

***If North African:** Algerian Egyptian Libyan
 Moroccan Sudanese Tunisian Prefers not to answer
 Other:

Informed Consent to Capture and Record Personal Information

I hereby consent to my personal information contained in this Registration Form being saved in the Client Data System maintained by the New York State Office for the Aging and used by the Jefferson County Office for the Aging. I understand that my information will not be shared with other agencies without my permission.

I understand that the information on this form may be sent to the State and Federal government and is used to improve the services offered and better meet my needs.

| | |
|------------|------|
| Signature: | Date |
| Print: | |

Attestation - To Be Completed By Worker

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

| | |
|------------|---------|
| Signature: | Date |
| Print: | Agency: |

Someone should be looking out for you, too.

Keeping someone with dementia safe at home is a 24-hour job. Most caregivers are running on very little sleep and a lot of worry.

Through New York Office for the Aging, you have access to Trualta at no cost. It is a support platform built for people caring for a family member at home.

With Trualta you can:

- Find dementia-specific resources covering behaviors, safety, and daily care
- Watch short videos that show you what to do, not just what to read
- Join online support groups with other caregivers, no camera required

No cost. Available any time. You do not have to be in crisis to use it.

What Are The Dangers Of Nighttime Wandering?

By: Trualta | August 28th, 2025

Wandering at any time of day or night is dangerous. A person with dementia can:

- Get lost or hurt
- Be victimized
- Get hungry
- Become dehydrated
- Suffer from exposure to the elements

Nighttime wandering is particularly dangerous because:

- It's easier to get lost in the dark at night.
- Your loved one is more likely to be confused at night.
- There are fewer people outside who are likely to notice help.
- If you're asleep, you might not notice they are missing until morning.



7 Tips For Carers To Prevent Night Wandering

Providing a safe environment for your loved one with dementia means addressing the issue of wandering, including nighttime wandering. Their cognitive decline and memory loss mean they need careful supervision. While supervision can prevent a lot of wandering, you can also address the issue with other measures, like the following.

1. Find The Triggers For Wandering

Wandering looks purposeless to others, but there is often an underlying reason or cause. If you can find what triggers your loved one's wandering, you can change or avoid it. Observe what's happening, how they're acting, and how they feel when they start to get restless or leave or attempt to leave.

Wandering triggers include:

- Physical discomfort or pain
- Reminders of the past
- Changes in routine
- Agitation
- Distress



A night, wandering might occur because they can't sleep or have to go to the bathroom, but then get lost. They might seem confused about what time of day it is.

Some people wander when they get confused about past obligations. For example, They might wake up at night and think they need to get to work. When you know the cause or triggers of night wandering, you can come up with a more targeted plan for preventing it.

2. Keep a Regular Schedule

A person with dementia benefits from a schedule and routine in many ways. They get confused easily, so changes or disruptions can be distressing. Create a routine that schedules all daily activities by the hour. When they know what to expect, dementia patients are typically calmer.

Consider using a big wall calendar with scheduled activities that your loved one can see. Try to prepare them in advance of any upcoming changes, like a doctor's appointment. These steps can help them feel safe and less likely to wander.

3. Get Exercise During The Day

It's not uncommon for a person with dementia to become agitated or restless at night, even in a familiar place. Exercise during the day, like a supervised walk outside, can disperse some of this energy and reduce the risk of nighttime restlessness.

If it's appropriate and safe for your loved one, take them out for a walk during the day. You should be with them at all times. If they're prone to wandering or have risk factors for this behavior, you cannot safely leave them alone, even for a short period.

You can also ask their doctor if it's safe for them to do a seated exercise routine.

It may be especially helpful to get them outside for exercise. Alzheimer's and other dementias disrupt the natural sleep-wake cycle, and sun exposure during the day can reduce nighttime confusion in these patients.

4. Improve The Sleep Routine

Your loved one may wander at night because they can't sleep, becoming confused, agitated, or restless and experiencing disorientation. Anything you can do to help them sleep better and more soundly will reduce the risk of wandering behaviors.

Start and maintain a relaxing sleep routine for your loved one. Use soft, comforting music and enjoyable but low-energy activities before bed. Limit anything stimulating, like television shows or visits from friends and family. Exercise during the day can also improve nighttime sleep, as can avoiding afternoon naps, if possible.

Your loved one's medical team can also help. Managing their health conditions, evaluating medications, and addressing mental health concerns should improve their sleep.



5. Plan Relaxing Evening Activities

While a relaxing, calming evening routine is important for sleep, boredom can also trigger wandering. Plan evening activities to keep your care recipient engaged but also calm.

Easy activities include a simple game they enjoy or even chores they can do successfully, like matching socks from the laundry. A familiar movie or music can also help keep them engaged, relaxed, and calm.



6. Catch Wandering In Its Tracks

If, despite your best efforts, your loved one gets restless and tries to leave, you'll need to stop them. Try to determine what caused their urge to leave and address that issue.

For example:

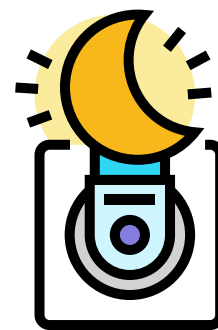
- If they're too hot, suggest changing into different clothing or setting up a fan.
- If they think they have to go to a job they haven't had in years, try telling a "therapeutic fib" by saying something like "you have the day off today."

You can also try to distract your loved one if they're intent on leaving. Redirect their attention to something indoors, like a game, a photo album, or a chore they can help you with.

7. Talk To The Medical Team

If you continue to struggle with nighttime wandering and safety, talk to your loved one's doctors. They may be able to identify an underlying cause, change medications, or help you better manage dementia symptoms that are leading to wandering.

Tools For Keeping Dementia Patients Safe At Night



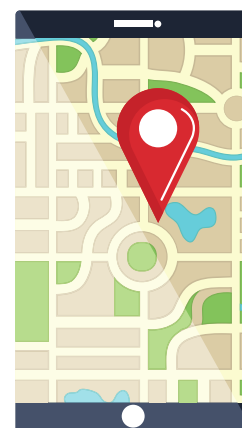
- **Night Lights.** Night lights installed in the home can help your care recipient find their way around if they get up at night. They might be looking for the bathroom or kitchen and accidentally leave through an exterior door.
- **Door Signs.** Clear door signs your loved one can read with adequate night lighting can also help them find their way around the house if they get lost or confused. Label the doors for the bathroom and the bedroom. Put large “stop” or “do not enter” signs on exterior doors or use safety gates as signals not to leave.

- **Door Covers.** Anything that camouflages or hides exterior doors can prevent your loved one from leaving the house at night. You can cover doors with curtains or use large peel-and-stick images that make the door look like a part of the wall. If windows are accessible, these should also be covered.



- **Door & Window Locks Or Alarms.** For persistent wanderers, locks that they cannot access or operate improve nighttime safety. You can find special locks that are difficult to operate, or use deadbolts. When installed out of their line of sight, many individuals with dementia don't see them. Alarms can also be useful. You can set them to signal when a door or window has been opened from inside or outside.

- **Tracking Devices.** While using technology to track your loved one's location might seem like an invasion of privacy, it can be life-saving. [Read about the pros and cons here.](#) If they get past your other barriers to wandering, a tracking app on their phone, watch, or other device can help you find them before they get lost or hurt. These technologies can also send you an alert if your loved one gets a certain distance away from you or the home.



- **Safe Return Programs.** Consider enrolling your loved one in a program like the [MedicAlert® + Alzheimer's Association Safe Return®](#). These programs offer a nationwide, 24-hour emergency service to help find missing seniors with dementia.

Keeping your loved one safe is a top priority as a family caregiver. Providing care from the home instead of a staffed facility can make safety more difficult. This is especially true for dementia patients who wander. Use these tips and tools to help keep them safer during the day and at night.

Protect yourself from scams & frauds – on the spot

No app or tech skills needed

What is SilverShield?

SilverShield is your personal scam assistant. When something suspicious comes your way – a text, email, phone call or pop-up – send it to SilverShield. We'll tell you if it's real or a scam and guide you through exactly what to do next.

Who is it for?

SilverShield is designed for the older adults your organization serves. If they can send a text or email, they can use SilverShield!

How it Works

1**Sign Up**

Create your account – takes just a few minutes

2**Get Something Unfamiliar**

A text, email or call from someone not in your contacts

3**Send it to Us**

Text, email or forward it to SilverShield – no app needed

4**We'll check it out**

We tell you if it's real & walk you through what to do next

We Help Spot & Stop

- Suspicious texts & emails
- Fake prize, lottery, & romance scams
- IRS & Medicare impersonators
- Grandparent & family scams
- Unexpected password resets
- Phishing links, pop-ups...and more!

What You Can Send Us- And How

**Text us like a friend**

Forward or describe any suspicious text

**Forward a suspicious email**

Send it straight to our inbox and we'll take a look

**Send a screenshot**

Snap a photo of anything on your screen and send it our way

**Describe a phone call**

Even a quick summary of what happened is enough for us to help

Simple Rule: Not in your trusted contacts–send it to SilverShield first!

Call the Jefferson County Office for the Aging to sign up at (315) 785-3191

Email us at ofa@jeffersoncountyny.gov

WATERTOWN PRIDE

2026

Pride Kick-Off Party! – At the Paddock Club
Friday, June 19th, 2026 / 5pm – 10pm
1 Public Square #5, Watertown, NY 13601

For more information go to
<https://watertownnypride.org/>

Pride Flag Celebration Ceremony! – Watertown City Hall
Saturday, June 20th, 2026 / 10am – 11am
245 Washington St. Watertown, NY 13601

Watertown Pride Picnic! – Thompson Park Pavillion
Saturday, June 20th, 2026 / 12pm – 3pm
1 Thompson Park, Watertown, NY 13601

Rooftop Dance Party! – The Strand
Saturday, June 20th, 2026 / 2pm – 5pm
136 Franklin Street, Watertown, NY 13601

Pride Pin Bowling! – Pla-Mor Lanes
Saturday, June 20th, 2026 / 5:30pm – 8:30pm
577 State Street, Watertown, NY 13601

Pride Fireworks! – Watertown Fairgrounds
Saturday, June 20th, 2026 / 10pm
970 Coffeen Street, Watertown, NY 13601



Pride Color Run! – Jefferson Community College
Sunday, June 21st, 2026 / 11am – 1pm
1220 Coffeen Street, Watertown, NY 13601

Watertown Pride Tea Dance – Garland City Beer Works
Sunday, June 21st, 2026 / 2pm – 5pm
321 Howk Street, Watertown, NY 13601



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Fitness Room Hours 7 AM - 7 PM | 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Ink Pen & Bookmark Craft w/ Joyce 3/\$10 | 10 AM Boomers 11:15 AM Zoomers 12 PM OFA Lunch 6 PM Stolen Moments Ink Tile Craft | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 12 PM LUNCH'S ON!! 1 PM Tai Chi | 10 AM Painting w/ Cathy Wood 10 AM Boomers & Zoomers Cancelled *10 AM Cardio Drumming 12 PM OFA Lunch | 10 AM Thrift Shop & Dollar General 10 AM Bingo 12 PM Mahjong 12 PM OFA Lunch | Victorian Tea Fundraiser 10 AM - 2 PM |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Crafts w/ Sharon | 9 AM Watertown Shopping 10 AM Boomers & Zoomers Cancelled *10 AM Cardio Drumming 12 PM OFA Lunch | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 12 PM LUNCH'S ON!! 1 PM Tai Chi | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi 5:30 PM Hospice Presentation | 10 AM Painting w/ Cathy Wood 10 AM Boomers & Zoomers Cancelled *10 AM Cardio Drumming 12 PM OFA Lunch | 10 AM Bingo 12 PM Mahjong 12 PM OFA Lunch | 10 AM Thrift Shop & Dollar General 10 AM Price Chopper, McDonalds, Dollar General, Thrift Shop 12 PM Mahjong 12 PM OFA Lunch | 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Card Making w/ Golda |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong | 10 AM Boomers 11:15 AM Zoomers 12 PM OFA Lunch | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi 5:30 PM Hospice Presentation | 10 AM Boomers 11:15 AM Zoomers 12 PM OFA Lunch | 10 AM Bingo 12 PM Mahjong 12 PM OFA Lunch | 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Card Making w/ Golda | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Card Making w/ Golda | 9 AM Evans Mills Shopping 10 AM Boomers & Zoomers Cancelled *10 AM Cardio Drumming 12 PM OFA Lunch 6 PM Bus Community Band Concert | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi | 9 AM Clayton Shopping 10 AM Coffee Hour 11 AM Chair YouTube Exercise 11 AM Grief Share 1 PM Tai Chi | 10 AM Boomers & Zoomers Cancelled *10 AM Cardio Drumming 12 PM OFA Lunch 4 PM Depauville church Strawberry Festival | 10 AM Price Chopper, McDonalds, Dollar General, Thrift Shop 12 PM Mahjong 12 PM OFA Lunch | Red Cross Blood Drive 10 AM - 2 PM | |
| 28 | 29 | 30 | | | | | |
| 10 AM Bingo 10 AM Cardio Drumming 11 AM Balanced Boxing 12 PM Mahjong 1 PM Diamond Artw/ Candle | 10 AM Boomers - Circuit 11:15 AM Zoomers 12 PM OFA Lunches | | | | | | |

June 2026 - Paynter Center

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 June Calendar

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| <p>Monday 6/1</p> <p>9:30am / Nutrition Workshop with the OFA 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Wednesday 6/3</p> <p>9:30am / Nutrition Workshop with the OFA 10:30am / Trivia w/ Mike 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Friday 6/5</p> <p>10am / Games w/ Jean 11am / CCE Nutrition Class 12pm / Discover Live Tour- Belfast, Ireland 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p> |
| <p>Monday 6/8</p> <p>9:30am / Nutrition Workshop with the OFA 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Wednesday 6/10</p> <p>9:30am / Nutrition Workshop with the OFA 10:30am / Discover Live Tour- Krakow, Poland 11am / Chair Exercise 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Friday 6/12</p> <p>9:30am / Morning Movie 11am / CCE Nutrition Class 12pm / \$5 Pizza Party (Sign Up Deadline June 10th) 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p> |
| <p>Monday 6/15</p> <p>10am / Card Making w/ Ginger 11am / YMCA Chair Yoga 11am / Discover Live Tour- Plymouth, England 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Wednesday 6/17</p> <p>10am / Music Trivia w/ Mike 11am / Parkison Support Group 11am / Chair Exercise 12pm / Potluck Birthday Lunch 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Friday 6/19</p> <p>10am / Diamond Art & Games w/ Sandy 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Chair Exercise</p> |
| <p>Monday 6/22</p> <p>10am / Nickel Bingo 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Wednesday 6/24</p> <p>10am / Crafts w/ Sharon 11am / Games 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <p>Friday 6/26</p> <p>10am / Puzzle Contest & Games 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> |
| <p>Monday 6/29</p> <p>10am / July 4th Trivia w/ Carol 11am / YMCA Chair Yoga 12pm / OFA Lunch or BYO Lunch 12:30pm / Basic Sign Language with Jean 1pm / Cardio Drumming</p> | <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>Friday 5/29</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> |