

FALL 2025 SENIOR ACTIVITIES

SENIORS COMMISSION: Dennis & Susan See / Lisa Young Email: tobseniors@townofbinghamton.com
Please be patient awaiting replies to our email address. We are volunteers and will check emails as often as we can.

The Town of Binghamton's Senior Citizens Commission has planned the following activities for Fall 2025:



Pumpkin Painting: (crafts, social) Join Lisa on **Friday, October 24 from 3 p.m. to 5 p.m. at the Community Center**, 1905 Coleman Road, Binghamton, to create Jack-o'-lanterns without any knives or pumpkin innards! You may bring one grandchild (or one other special youngster) over age 6 with you to enjoy painting your pumpkin (but not required), then take it home to display for Halloween. You will be provided with a choice of a free, real or plastic pumpkin, paints & brushes, plus **FREE REFRESHMENTS!** **Please RSVP to (607) 772-0357 x301 by October 21 at 5 p.m.** (attention

Lisa) and leave your name & number plus who is in your party. Minimum of five attendees or this event will be canceled. You will be advised if no other children are registered. Wear clothing you can get paint on.

Chair Yoga: (exercise) Due to popular demand, the Town is offering free Chair Yoga sessions to our Seniors led by our own Town of Binghamton resident, Tina Fetten! She is a Foundational Yoga Therapist who utilizes her special education background and 600+ hours of yoga training to meet the needs of all body types & abilities. She specializes in chronic pain, limitations & trauma as she is on her own journey with Lyme Disease and knee replacement. Modifications to accommodate differing abilities are always offered, and most importantly, she will always remind you to "just breathe". No RSVP and no equipment is necessary. Meet Lisa for the first session on **Monday, October 27 from 2 p.m. to 3 p.m. at the Community Center**, 1905 Coleman Road, Binghamton, **continuing thereafter on November 3, 17 and December 1 & 8 from 2 p.m. to 3 p.m. each session.** Wear loose clothing. (Town of Binghamton Seniors Commission official will be presiding TBD for these sessions.)

Mosaics: (crafts) Please note some changes to the upcoming Mosaics dates. **Our next class will meet on Thursday, October 30th from 1:30 p.m. to 3:30 p.m. at the Town Hall.** Then, due to Thanksgiving falling on the last Thursday of the month, **November's class will be held a week early on Thurs., Nov. 20th from 1:30 p.m. to 3:30 p.m. at the Town Hall**, 279 Park Avenue, Binghamton. As always, please **call Lisa at (607) 772-0357 x301 to advise if you will be attending.** The Mosaics class in December will be skipped due to the holidays. The regular schedule of the last Thursday of the month will resume in January. Materials and **FREE REFRESHMENTS** are provided.

Book Club: (social) The Seniors Book Club meets on the second Tuesday of each month from **2 p.m. to 4 p.m. at the Community Center, 1905 Coleman Road.**

Here is a list of the upcoming books:

Tues., October 14, 2025 - "Sole Survivor" by Dean Koontz

Tues., November 11, 2025 - "Something to Look Forward To" by Fannie Flag

Tues., December 9, 2025 - "America's First Daughter" by Stephanie Dray

Note: The Book Club (as a group) chooses the books to be featured each month.

Feel free to join us even if you haven't read the book. Also, if you have a book you'd like to recommend, please bring it with you to the next meeting!



Make Ice Skate Ornaments: (crafts) On **Weds., November 12 from 1:30 p.m. to 3:30 p.m. at the Town Hall**, 279 Park Avenue, Binghamton, Lisa will show you how to crochet simple ornaments that look like ice skates and can be hung on your tree or used as a small holiday brooch (makes a cute stocking stuffer, too). Experience not necessary! Materials and **FREE REFRESHMENTS** will be provided, but you can bring your own crochet hooks, small amounts of colored yarn, bells, and/or other embellishments if you prefer. **Please RSVP to (607) 772-0357 x301 (attention Lisa) and leave your name & number.**

FALL 2025 SENIOR ACTIVITIES CONTINUED



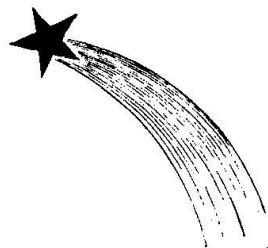
Petting Zoo/Lunch at Edwards Farm: (social/outing/ historical) **Friday, December 12 from 11 a.m. to 2 p.m.**

We'll be touring our own Town of Binghamton Petting Zoo (all-indoors / handicap accessible!) including a complimentary pizza lunch at noon in the heated party room with a trip down Memory Lane! They have goats, chickens, ducks, sheep, ponies, alpacas, pigs, and rabbits. They are in open pens that you can get right into, to interact with the animals if you want, and you can even help feed a bottle to the calf! Edwards Farm has graciously reduced the entry fee to **\$5 per person (cash)** for our Seniors group, and the Town is providing **FREE LUNCH** for attendees in the heated party room right on the farm!



Many of you remember when there was a dance hall, a horse racetrack and a go-cart track there at various times. The party room displays vintage photos of those days. We encourage you to bring any photos of your own, along with your memories of those times as well as any you might have of growing up on a farm around here yourself! We'll be sharing stories from those days and may even be able to record them, along with copies of your photos, for the Binghamton Township Historical Society. If we get enough, we may compile them into a scrapbook for all to enjoy.

Please RSVP by Weds., December 3 to (607) 772-0357 x301 (attention Lisa), and leave your name and phone number. We will meet at the Edwards Farm, 2948 Webb Road at 11 a.m. for the first half of the tour, have lunch at noon, then do the second half at 1 p.m. **Bring \$5 CASH entry fee, and wear suitable clothing and boots/shoes.**



Geminid Meteor Shower/Comet Viewing: (educational/social)

Saturday, December 13 from 8 p.m. until ??, Jackson Park, weather permitting. Expected to have 120 meteors per hour, we can watch these bold and bright meteors in the early evening with **NO INTERFERING MOON**, plus, if the weather keeps on as it has been, we might not even be (really) cold! Folks from the Meteor Group haven't let Lisa forget that she canceled this summer's Perseids viewing in anticipation of poor conditions, only to hear that several of you clocked a bunch of great sightings! Lisa's now game to set up a Geminids viewing (weather permitting) if a **minimum of five people RSVP to (607) 772-0357 x301 by December 3.** **FREE REFRESHMENTS** will be provided. Wear suitable clothing.

Macrame': (crafts) To those patiently waiting for the Macrame' class promised for winter, stay tuned! Details will come out in the next *Town Talk* newsletter (Winter/January), and the class is anticipated to begin in January!

Notice: If you own a Town of Binghamton business that we could consider planning an outing to, or for other Seniors appropriate activities, please drop us a line in writing on your business stationery. Send to the Town Hall and address to: Attention: Lisa Young, Senior Activities Commission, 279 Park Avenue, Binghamton, NY 13903. Please include a brief description of what you do and how that might fit into our planning.

Thanks, everyone, and enjoy this beautiful fall season!