

The Town of Binghamton Senior Citizens Commission Summer/Fall Activities 2026

All activities are held at the Town of Binghamton Town Hall, located at 279 Park Ave. unless otherwise noted. Please make all RSVPs to (607) 772-0357 x301

Chair Yoga Resuming: (exercise) FREE Chair Yoga sessions for our Seniors are going strong! We have participants of all abilities so don't hesitate to come out and try it! No RSVP and no special equipment are required. Classes will resume on Mondays as follows: September 14th, 28th, October 5 and 19 from 2:00-3:00pm at the Community Center 1905 Coleman Rd, Binghamton. Continuing dates will be announced in Fall newsletter. Non-residents will be permitted to attend, for a \$4 per person fee, payable IN CASH to Vickie Conklin at time of sign-in to class. Wear loose clothing.

The **Town of Binghamton Senior Book Group** meets the second Tuesday of the month at the Community Center at 1905 Coleman Road from 2 pm to 4 pm. All are welcome! Here is the list of upcoming books:
September 8 – Look Again by Lisa Scottoline; October 13 - Burnt Mountain by Anne River; November 10 – The Christmas Train by David Baldacci

Please note: If you haven't read any of the featured books, feel free to come anyway! The book club (as a group) chooses the books to be featured each month. If you have a book you would like to recommend, please bring it with you to the next meeting and join the club!

Mosaics: (Crafts/Learn Something New) Class resumed its regular schedule on the last Thursday of each month & will continue as follows: **September 24 from 1:30 pm to 3:30 pm.** All materials and tools are provided, although students are encouraged to bring whatever items they wish to experiment with. FREE SNACKS WILL BE SERVED. *Note this date varies from the normal pattern.

LUMA Projection Light Show Viewing Meet: (Cultural/Social) This is a free City event that draws attendees from all over the world and reflects Binghamton's involvement in the dawning of the computer virtual age. Meet Lisa downtown on Saturday, September 12 at 8:30PM at the Northeast corner of Exchange & Hawley Streets to form the group which will then walk amongst the amazing light

shows which are projected on the outside of various downtown buildings. Lisa will provide maps & discuss the meanings behind the presentations. Street/festival food & beverages will be available for purchase. **Note that the streets downtown will be blocked off and parking will be remote from the event**, so wear walking shoes & comfortable clothing. LAYERS are strongly recommended as the temperature varies widely during the show which continues until midnight (although no one is required to stay until the end). Lisa uses a cane so the pace will be slow; disabled attendees are welcome and accommodation can be made timewise for walking between exhibits, but assistance cannot be provided. Please bring your own helper if there is any chance you will need one. **RSVP required by calling (607) 772- 0357 X 301 by September 2, 2026. Raindate, Sunday, September 13th.**

India Day Meet: Lisa is seeking sign-ups to meet her at the annual India Day event on Rt 26 corner of Sheedy Rd (across from Mirabito gas station) at noon (it goes to 5pm but stay only as long as you like). Free admission, ethnic performances & learning exhibitions. There will be food, traditional dress, henna hand decorating & decor for sale. **RSVP required by calling (607) 772- 0357 X 301 by September 8th.**

Introduction to Watercolor Class – Come and enjoy an introduction class with Dennis, Tuesday, September 22, 2026, 1 – 5 pm. at 1905 Coleman Rd. There is no requirement for having painted in the past. All supplies will be provided. RSVP by calling (607) 772-0357 x301. Leave your name and number expressing your interest.

Dish to Pass Luncheon Speaker: Aaron Martin, Broome County Clerk: Monday, September 28, 2026, 11:00 AM: Topic: “Stop the Steal.” This presentation will raise public awareness about deed fraud, also known as home title theft, and DMV phishing scams. This event will be held at the Community Center at 1905 Coleman Rd. **RSVP By September 24, 2026, by calling (607) 772-0357 X301.**

Continental Breakfast Speaker: Woei-Nan Bair, PT, Phd, Faculty and Staff/- Division of Physical Therapy: Friday, October 2, 2026, 10:00 AM. Topic: “Fall Risk and Prevention”. This event will be held at the Community Center at 1905 Coleman Rd. **RSVP By August 31, 2026, by calling (607) 772-0357 X301.**

Medicare Changes and Updates LeeAnn Keim, HIICAP Coordinator Broome

County Action for Older Persons: - Wednesday, October 14, 2026, 1:00 PM. Coffee and desserts will be provided. This event will be held at the Community Center at 1905 Coleman Rd. **RSVP By October 25, 2026, by calling (607) 772-0357 X301.**

Fire Safety with Kevin Olds, President, Town of Binghamton Volunteer Fire Co. October is the nation's fire safety month. Come and learn Tuesday, October 20, 2026, 2 – 4 pm. This talk will be held at the Community Center - 1905 Coleman Rd.

The day trip to **Corning Glass** to tour the museum AND participate in a glassworks class has received 7 sign ups and we only need 3 more to schedule a glass class exclusively for ourselves! Please RSVP by calling (607) 772- 0357 X 301 Leave your name & phone number expressing your interest. *Please note, we will be carpooling for this event.

Additional activities will be posted on the TOB website. Please view the upcoming Senior activities at www.townofbinghamton.com

If you're a resident of the Town of Binghamton (55 years and older), please feel free to join us! These activities take place at the Town of Binghamton Town Hall, located at 279 Park Avenue, unless noted otherwise.