

The Town of Binghamton Senior Citizens Commission 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

The TOB Senior Commission gives a big thank you to our own TOB senior, Wendy Pier, for referring us to the Amigo Search & Rescue Dogs, a Broome County based volunteer team that provides certified professional resources specializing in canines to aid in searches for lost & missing persons serving all of NYS and surrounding states, who conducted a K9 & Rescue Demonstration at the TOB Community Center on July 11th.

Chair Yoga: (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. Sessions are held on the following Mondays from 2 p.m. to 3 p.m. at the Community Center 1905 Coleman Rd, Binghamton: **September 28; October 5 & 19; November 9, 23 & 30; December 7 & 21.** 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 p.m. to 4 p.m. All are welcome! Here is the list of upcoming books: October 13-Burnt Mountain by Anne Rivers Siddons; 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) The next class will be on **October 29 from 1:30 p.m. to 3:30 p.m.** *There will be no classes in November and December due to the holidays. Class will resume in January.* All materials and tools are provided, although students are encouraged to bring whatever items they wish to experiment with. **FREE SNACKS WILL BE SERVED.**

Continental Breakfast Speaker: Woei-Nan Bair, PT, Phd, Faculty and Staff/-

Division of Physical Therapy: Friday, October 2, 2026, 10:00 a.m. Topic: "Fall Risk and Prevention." This event will be held at the Community Center at 1905 Coleman Rd. **RSVP by September 28, 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 p.m. Coffee and desserts will be provided. This event will be held at the Community Center at 1905 Coleman Rd. **RSVP by October 2, 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 from 2:00 to 4:00 PM. This talk will be held at the Community Center, 1905 Coleman Rd.

Hobby Day with Dennis & Susan – November 18, 2026, 1 p.m. to 4 p.m. Do you have a favorite hobby, such as watercolor, needle crafts, woodworking, or any other projects you enjoy working on? Come to work on your project with fellowship at the Community Center, 1905 Coleman Rd. **RSVP by November 14, 2026 by calling (607) 772-0357 X301**

The day trip to **Corning Glass** to tour the museum AND participate in a glassworks class has received enough sign ups (yay!) Everyone will be notified once the date and logistics have been settled, and you'll be advised how it will work. *Please note, we will be carpooling for this event.

There will not be a Meteor Meet for the Orionids in late October due to the prediction of significant moonlight interference and the normal occurrence of only +/- 15 meteors per hour during peak viewing during this shower which together render it unlikely it will be worth hazarding the cold weather. Thank you for your interest; we'll try planning more when the weather warms up again.

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.