

# Mental Health and Wellness in **July**

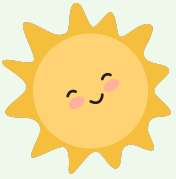
Resources & Events for  
Families in Broome  
County



*Welcome to our  
July Resource Packet -  
designed specially for you!*

**Independence Day**  
**National Parks & Recreation Month**  
**World Emoji Day**  
**International Self-Care Day**

# Finding Balance in the Summer Season



## **Create routines during less structured months**

- *Keep a few consistent habits, even when schedules change*



## **Reconnect with hobbies and interests**

- *Make time for activities that help you relax, recharge, or have fun*



## **Balance rest and productivity**

- *It's okay to slow down—rest is an important part of wellbeing*



## **Spend time outdoors**

- *Fresh air, sunshine, and movement can support both physical and mental health*



## **Stay connected with others**

- *Reach out to friends, family, or community groups that help you feel supported*



## **Make time for joy**

- *Small moments of happiness can have a big impact on your mood and wellbeing*

*What is one thing you can do this month to feel more balanced?*

# Upcoming Local Events and Family Activities

## Stars and Strings 250<sup>th</sup> Celebration

 **July 4, 2026** –  **3:00 - 9:00 PM** –  **Deposit Community Park**




Mark your calendars for a community celebration of our Nation's 250<sup>th</sup>. Bounce house, inflatable obstacle course, slide and great live music! All for FREE thanks to our wonderful sponsors. Concessions and an ice cream truck on site. Kids fun starts at 3pm, music starts at 4:30pm.

## Kids Workshop: LUMA Living Lights Project

 **July 9 & 21, 2026** –  **10:00 - 12:00 PM** –  **The Discovery Center of the Southern Tier**

LUMA Projection Arts Festival invites youth, 12 and under, to participate in the 2026 LUMA festival. Public workshops will be held 2 times in July, where kids can design their own Living Lights murals. A selection of these will be featured at the LUMA festival.

## YMCA Family Fun Day

 **July 11, 2026** –  **1:00 - 4:00 PM** –  **West Family YMCA**

Looking for a fun and affordable way to spend time with family and friends this summer? Join us for Family Fun Day at the West Family YMCA! This free community event is open to everyone and offers an afternoon packed with activities, laughter, and opportunities to connect with neighbors and friends. Kids can bounce and play on inflatables, test their aim at the dunk tank, and enjoy a variety of yard games and family-friendly activities. Whether you're looking to make new memories, meet other families in the community, or simply enjoy a day of fun together, there's something for all ages to enjoy.

## 4th Annual Family Picnic

 **July 18, 2026** –  **12:00 - 4:00 PM** –  **Highland Park (Pavilion 6)**

Come enjoy a fun summer afternoon filled with community, connection, food, games, activities, crafts, free face painting, laughter, and time together in the park. This is one of our favorite community gatherings each year and such a beautiful opportunity to connect across generations, build friendships and simply enjoy time together. \*Registration is required so we can make sure there is enough food for everyone attending.\*

## Broome Bands Together

 **July 7, 14, 21 & 28, 2026 (Every Thursday)** –  **6:00 - 8:00 PM** –  **Otsiningo Park**

Free summer concert series. The event is free to Broome County residents. Individuals and families are invited to bring lawn chairs or blankets to these family friendly events. Pack a picnic dinner, or purchase snacks, drinks and ice cream from Beer Tree Brew Co, Downtown Danny's, Donut Lab, Here's the Twist and PitStop Popcorn.



# LEE BARTA COMMUNITY CENTER

(607) 238-1005 • 108 LIBERTY STREET, BINGHAMTON, NY 13901

HEALTHYLIFESTYLES COALITION

# JULY 2026

COMMUNITY ROOM & COMPUTER LAB  
OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY  
8:30 AM - 4:30 PM

**NEED A BIKE?  
STOP BY OPEN SHOP ON  
THURSDAY AFTERNOONS!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	1	2	3
	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM <b>EMPOWERMOMS INITIATIVE WORKSHOP</b> 5:30 PM - 8:30 PM	<b>FOOD PANTRY</b> 10:30 AM - NOON	<b>OPEN SHOP</b> 2:30 PM - 4:30 PM	<b>CLOSED</b>
13	14	8	9	10
	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM	<b>FOOD PANTRY</b> 10:30 AM - NOON	<b>CHILL &amp; CHAT</b> 10AM - 11 AM <b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	
20	21	15	16	17
	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1PM <b>EMPOWER MOMS INITIATIVE WORKSHOP</b> 5:30 PM - 8:30 PM	<b>FOOD PANTRY &amp; HYGIENE CLOSET</b> 10:30 AM - NOON <b>PAINT NIGHT</b> 5 PM - 6 PM	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	<b>OPEN AT NOON</b>
27	28	22	23	24
	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM <b>COMMUNITY CAFE</b> 5 PM - 6:30 PM	<b>FOOD PANTRY</b> 10:30 AM - NOON <b>COOKING CLASS</b> 5 PM - 6 PM	<b>CHILL &amp; CHAT</b> 10AM - 11 AM <b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1PM <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	
		29	30	31
		<b>FOOD PANTRY</b> 10:30 AM - NOON	<b>SUMMER LUNCH FOR YOUTH</b> 12 PM - 1 PM	<b>CLOSED</b>

## PROGRAMS

**SUMMER LUNCH FOR YOUTH - TUESDAYS AND THURSDAYS, 12 PM - 1 PM**  
Starting July 7th, we are partnering with BOCES food services to provide a free lunch for youth 18 and under throughout the summer. Youth must remain on site for the meal.

**FOOD PANTRY - WEDNESDAYS, 10:30 AM - NOON**  
**HYGIENE CLOSET - EVERY 3RD WEDNESDAY**  
We accept walk-in's for food pantry starting at 10:30 AM. Pantry is first come, first served. Our Hygiene Closet is open on the third Wednesday of every month.

**CHILL & CHAT - EVERY OTHER THURSDAY, 10AM - 11AM**  
Join our staff for coffee and light refreshments, and for an opportunity to chat about what's going on in the community.

**OPEN SHOP - THURSDAYS, 2:30 PM - 4:30 PM**  
Does your bike need a little TLC? Stop by our shop & we'll help you fix it. Need a bike? Stop by and pick one out.

THANK YOU TO OUR SPONSORS:



## EVENTS

**STANDING IN YOUR STRENGTH: RECLAIMING CONFIDENCE, STABILITY, AND SELF LED BY EMPOWERINGMOMS INITIATIVE**  
**TUESDAYS, JULY 7TH AND JULY 21ST, 5:30 PM - 8:30 PM**  
A free workshop series for moms and caregivers celebrating resilience. Limited capacity; RSVP encouraged. Zoom option available.

**FAMILY PAINT NIGHT WITH MS. REBECCA**  
**WEDNESDAY, JULY 15TH, 5 PM - 6 PM**  
You bring your creativity & we will provide the art supplies! This program is open to all & snacks will be provided.

**COMMUNITY CAFE WITH NEST**  
**TUESDAY, JULY 28TH, 5 PM - 6:30 PM**  
Join NEST to understand your utility bill and why your utility bill is going up! Food and refreshments will be provided. Email info@nest.org for more info.

**COOKING CLASS: GARDEN VEGGIES**  
**WEDNESDAY, JULY 29TH, 5 PM - 6 PM**  
Join Ann from Cornell Cooperative Extension to learn how to use up your garden vegetables! All participants will receive the ingredients to make the recipe. Spaces are limited and registration is required - call us at (607) 238-1005 to reserve your seat.



## WHAT'S NEW?

**VINES' FARM SHARE RUNS UNTIL OCTOBER**  
We're a VINES' Farm Share pickup site every Thursday afternoon! Enjoy fresh vegetables at an affordable price every week from June until October. Registration is required. Call/Text (607) 238-3522 for more info!

**CHECK OUT OUR NEWLY UPGRADED COMPUTER LAB**  
Open during our regular operating hours for printing and internet browsing.

SAVE THE DATE!

FEN's

TOUCH

-a-

TRUCK



CLIMB. EXPLORE. HONK. SMILE!



  
**JULY  
14<sup>TH</sup>**

  
**11 AM  
- TO -  
1 PM**

  
**FUN FOR  
KIDS OF ALL  
AGES!**



Come touch, climb, and explore  
your favorite trucks and vehicles!





# Independence Day

July 4, 2026

Independence Day celebrates freedom, community, and the ability to make choices. For children and families, it can also be a great opportunity to talk about building confidence, and learning new skills one step at a time.

## Here's why this day matters to families:

- Encourages conversations about independence, responsibility, and making choices
- Provides an opportunity to celebrate community and shared experiences
- Helps children understand that independence can look different for everyone and can be built one step at a time

## What can you do as a parent?

- Talk about what independence means and identify age-appropriate ways your child can make choices or help at home
- Highlight the importance of responsibility, confidence, and learning new skills through practice
- Show that everyone needs support sometimes, and asking for help is part of becoming more independent

## Things to do with your kids:

- **Independence Challenge**
  - Let your child choose one new task to complete independently, such as making a snack, setting the table, or picking out their clothes
- **Red, White & Blue Scavenger Hunt**
  - Search your neighborhood, home, or local park for patriotic colors and summer-themed items
- **"I Can Do It" Poster**
  - Create a poster where children can write or draw things they can do on their own and goals they want to learn next



# Broome County Public Library

## July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Summer Kickoff Party</b> 3:00-6:00pm	2	3	4 Library closed 
6 <b>Raspberry Pi Class</b> 2:00-4:00pm <b>Teen Craft &amp; Chat</b> 6:00-7:00pm	7 <b>Crafty Kids</b> 1:00-3:00pm <b>Family Game Night</b> 5:00-6:00pm <b>Pajama Story Time</b> 6:30-7:15pm	8 <b>ToddlerStoryTime</b> 10:00-11:00am <b>TweensSTEAMProgram</b> 2:00-3:00pm <b>Pre-KStoryTime</b> 3:00-4:00pm <b>Sit&amp;Stitch</b> 5:00-6:00pm	9 <b>Baby Story Time</b> 10:00-11:00am <b>Reader's Theater</b> 1:00-2:00pm <b>Family Movie Day</b> 2:00-4:00pm <b>Tween &amp; Teen Movie Day</b> 5:00-7:00pm	10 <b>LEGO Club</b> 9:00am-1:00pm <b>Tween Craft &amp; Chat</b> 3:00-4:00pm	11 <b>Silent Book Club</b> 10:00am-12:00pm <b>Mr. Mike's Art Class</b> 11:00am-12:00pm <b>LISSTEM</b> 1:00-2:00pm
13 <b>Kindergarten Prep</b> 12:00-1:00pm <b>Raspberry Pi Class</b> 2:00-4:00pm <b>Teen Craft &amp; Chat</b> 6:00-7:00pm	14 <b>Crafty Kids</b> 1:00-3:00pm <b>Family Game Night</b> 5:00-6:00pm <b>Pajama Story Time</b> 6:30-7:15pm	15 <b>ToddlerStoryTime</b> 10:00-11:00am <b>TweensSTEAMProgram</b> 2:00-3:00pm <b>Pre-KStoryTime</b> 3:00-4:00pm <b>Sit&amp;Stitch</b> 5:00-6:00pm	16 <b>Baby Story Time</b> 10:00-11:00am <b>Reader's Theater</b> 1:00-2:00pm <b>Family Movie Day</b> 2:00-4:00pm <b>Tween &amp; Teen Movie Day</b> 5:00-7:00pm	17 <b>LEGO Club</b> 9:00am-1:00pm <b>PBS Kids Screening</b> 10:00-11:00am <b>Tween Craft &amp; Chat</b> 3:00-4:00pm	18 <b>LISSTEM</b> 1:00-2:00pm
20 <b>Kindergarten Prep</b> 12:00-1:00pm <b>Raspberry Pi Class</b> 2:00-4:00pm <b>Teen Craft &amp; Chat</b> 6:00-7:00pm	21 <b>Crafty Kids</b> 1:00-3:00pm <b>Family Game Night</b> 5:00-6:00pm <b>Pajama Story Time</b> 6:30-7:15pm	22 <b>ToddlerStoryTime</b> 10:00-11:00am <b>TweensSTEAMProgram</b> 2:00-3:00pm <b>Pre-K Story Time</b> 3:00-4:00pm <b>Sit &amp; Stitch</b> 5:00-6:00pm	23 <b>Baby Story Time</b> 10:00-11:00am <b>Reader's Theater</b> 1:00-2:00pm <b>Family Movie Day</b> 2:00-4:00pm <b>Tween &amp; Teen Movie Day</b> 5:00-7:00pm	24 <b>LEGO Club</b> 9:00am-1:00pm <b>Tween Craft &amp; Chat</b> 3:00-4:00pm	25 <b>Toddler Dance Party</b> 10:00-11:00am <b>LISSTEM</b> 1:00-2:00pm
27 <b>Kindergarten Prep</b> 12:00-1:00pm <b>Raspberry Pi Class</b> 2:00-4:00pm <b>Teen Craft &amp; Chat</b> 6:00-7:00pm	28 <b>Crafty Kids</b> 1:00-3:00pm <b>Family Game Night</b> 5:00-6:00pm <b>Pajama Story Time</b> 6:30-7:15pm	29 <b>Toddler Story Time</b> 10:00-11:00am <b>Tween STEAM Program</b> 2:00-3:00pm <b>Pre-K Story Time</b> 3:00-4:00pm <b>Sit &amp; Stitch</b> 5:00-6:00pm	30 <b>Baby Story Time</b> 10:00-11:00am <b>Family Movie Day</b> 2:00-4:00pm <b>Tween/Teen Movie Day</b> 5:00-7:00pm	31 <b>LEGO Club</b> 9:00am-1:00pm <b>Tween Craft &amp; Chat</b> 3:00-4:00pm	



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**All Ages Raspberry Pi** - Discover the Raspberry Pi, a small and inexpensive computer that can be used for many things, including gaming and programming. For all ages.

**Baby Story Time** - Nursery rhymes and knee-bouncing songs and a story is read. Then it's playtime! For children ages 0 to 3.

**Crafty Kids** - Drop in to make a fun craft. For all ages.

**Family Game Night** - Hang out and play some family games like giant Jenga, chess, or even a puzzle! All are welcome and snacks will be provided :)

**Family Movie Day** - Stop in for a movie afternoon! Refreshments will be served. Youth of all ages are welcome.

**Kindergarten Prep** - Practice skills to help get ready for kindergarten!

**LEGO Club** - Drop in for a fun time of building and creating. All materials provided and finished LEGO creations will be displayed. For youth ages 2+.

**LISSTEM** - Join us for a STEM program hosted by BU students.

**Mr. Mike's Art Class** - Welcome to our fantastic art classes held by Mr. Mike! This program is aimed at kids in grades 1-5. Registration will not be required for this class. All materials will be provided, just bring yourself and your creativity!

**Pajama Story Time** - Get cozy with our Pajama Family Storytime! Read bedtime stories, enjoy a fun craft, and wind down for a restful night.

**PBS Kids Screening with WSKG** - Join BCPL and WSKG for a fun-filled morning with a PBS Kids screening, themed educational activities, and thought-provoking hands-on activities!

**Preschool Story Time** - Join us for stories, songs, and a craft! Recommended for youth ages 3-6. Registration is not required.

**Reader's Theater** - Let's bring fun dino stories to life with a reader's theater performance! Rehearse together by reading aloud from a short script and developing your acting skills. No experience is necessary and no memorization required. For children in grades 2-3.

**Silent Book Club** - Join us for a silent book club! Read a dinosaur themed book from us or bring a book of your own!

**Teen Craft and Chat** - For teens in grades 8-12, come hang out and do arts and crafts!

**Toddler Dance Party** - Come move and groove at BCPL! Join us for dancing, bubbles, and lots of fun! Recommended for ages 2-3.

**Toddler Story Time** - Join us for stories, activities, and a craft! Recommended for youth ages 2-3.

**Tween Craft and Chat** - Join us for crafts, chit chat, snacks, and more! For youth ages 8-12.

**Tween & Teen Sit & Stitch** - Join us for an hour of cross-stitching and conversation! For ages 12-18.

**Tween S.T.E.A.M. Days** - For youth in Grades 3-6 we are hosting weekly S.T.E.A.M. activities at 2pm!

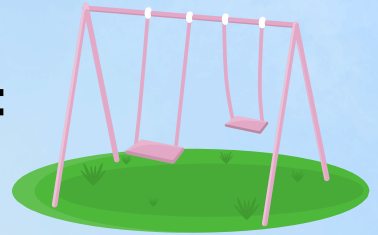
Youth Services Department (607) 778-6456  
BCPLYOUTHSERVICES@GMAIL.COM  
thebcpl.org  
<https://www.facebook.com/bcpubliblibrary>

# National Parks & Recreation Month

National Parks & Recreation Month celebrates the benefits of spending time outdoors and connecting with nature. Whether it's a local park, walking trail, playground, or backyard, outdoor spaces can support physical health, reduce stress, and create opportunities for family connection.

## Here's why this day matters to families:

- Encourages healthy movement, exploration, and outdoor play
- Supports mental wellbeing through time spent in nature
- Creates opportunities for families to connect and make memories together



## What can you do as a parent?

- Talk about the benefits of spending time outdoors and how nature can help us feel calm and refreshed
- Highlight the importance of movement, play, and exploring the world around us
- Show that outdoor activities don't have to be expensive or complicated to be fun and meaningful

## Things to do with your kids:

- Nature Scavenger Hunt
  - Look for leaves, flowers, birds, insects, or other items in your neighborhood or local park
- Family Walk Challenge
  - Take a walk together and see how many new things you notice along the way
- Outdoor Photo Adventure
  - Let your child take pictures of things they find interesting in nature and share their favorites afterwards

# VESTAL PUBLIC LIBRARY

## JULY UNEARTH A STORY™

## VPL THIS MONTH IN Youth Services

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>5</b></p> <p>Parents and Caregivers are required to remain in the library for the duration of all events. Please see VPL's Unattended Child Policy for more information.</p>	<p><b>6</b></p> <p><b>Little Learners: Dino Crafts</b> 10:30 - 11:30 AM Ages 2 - 5 - Meeting Room</p> <p><b>Read to a Therapy Dog</b> 6-7:30 PM All Ages Youth Services Dept.</p>	<p><b>7</b></p> <p><b>Reader's Theater Session 1</b> 1:30-3 PM Ages 6-11 Meeting Room</p>	<p><b>8</b></p> <p><b>Elementary STEAM: Fossils</b> 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30PM -Ages 8 - 11 6 PM -Blended Ages 5 - 11 Meeting Room</p>	<p><b>9</b></p> <p><b>Park Storytime @ Arnold Park</b> 10:30 AM - All Ages Feydlin 1 <b>Movie Matinee: Jurassic Park (PG-13)</b> 1 - 3 PM All Ages <b>Twween: Prehistoric Suncatcher</b> 4 - 5 PM Ages 11 - 14</p>	<p><b>10</b></p> <p>VPL Closed Independence Day (Observed)</p>	<p><b>11</b></p> <p><b>Kopernik Portable Planetarium</b> 11 AM, 11:30 AM, &amp; 12 PM - All ages Meeting Room</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>Little Learners: WSKG Dinosaur Train</b> 10 - 11 AM Ages 3 - 5 - Meeting Room</p> <p><b>Little Learners: Take &amp; Make: Painting</b> Ages 0 - 2 - Pick up at 10:30 while supplies last</p>	<p><b>14</b></p> <p><b>Reader's Theater Session 1</b> 1:30-3 PM Ages 6-11 Meeting Room</p>	<p><b>15</b></p> <p><b>Elementary STEAM: Sunset Silhouettes</b> 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30PM -Ages 8 - 11 6 PM -Blended Ages 5 - 11 Meeting Room</p>	<p><b>16</b></p> <p><b>Park Storytime @ Arnold Park</b> 10:30 AM - All Ages Feydlin 1 <b>Movie Matinee: Ice Age: Dawn of the Dinosaurs</b> 1 - 3 PM All Ages <b>Twween: Amber Soapmaking</b> 4 - 5 PM Ages 11 - 14</p>	<p><b>17</b></p> <p><b>Pop-Up Food Pantry w/ Good Neighbors 5 - 6PM</b> Pick up a Number at Front Desk to hold your place in line.</p>	<p><b>18</b></p> <p><b>Reader's Theater</b> - Session 1 - 6/23 - Session 2 - 7/7 - Session 3 - 7/21</p> <p><b>Twween Events</b> - Prehistoric Suncatcher 6/25 - Amber Soapmaking 7/2 - Reverse Tie-Dye 7/9 - Dino Nugget Keychain 7/16 - Zombie Day 7/23 - Stego Purse 7/30</p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>Little Learners: Dino-mite Messy Art!</b> 10:30 - 11:30 AM Ages 2 - 5 - Meeting Room</p> <p><b>Read to a Therapy Dog</b> 6-7:30 PM All Ages Youth Services Dept.</p>	<p><b>21</b></p> <p><b>Reader's Theater Session 2</b> 1:30-3 PM Ages 6-11 Meeting Room</p>	<p><b>22</b></p> <p><b>Elementary STEAM: Hieroglyphics</b> 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30PM -Ages 8 - 11 6 PM -Blended Ages 5 - 11 Meeting Room</p>	<p><b>23</b></p> <p><b>Park Storytime @ Arnold Park</b> 10:30 AM All Ages - Feydlin 1 <b>Movie Matinee: National Treasure</b> 1 - 3 PM All Ages <b>Twween: Reverse Tie-Dye</b> 4 - 5 PM Ages 11 - 14</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>Kopernick Portable Planetarium</b> • Opens 6/27 <b>Jurassic Park Escape Room</b> • Opens 7/24</p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>Little Learners: 1, 2, 3, Roar with Me!</b> 10:30 - 11:30 AM Ages 2 - 5 - Meeting Room</p> <p><b>Little Learners: Take &amp; Make: Melting Eggs</b> Ages 0 - 2 - Pick up at 10:30 while supplies last</p>	<p><b>28</b></p> <p><b>Reader's Theater Session 2</b> 1:30-3 PM Ages 6-11 Meeting Room</p>	<p><b>29</b></p> <p><b>Elementary STEAM: Dino Shadow Art</b> 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30PM -Ages 8 - 11 6 PM -Blended Ages 5 - 11 Meeting Room</p>	<p><b>30</b></p> <p><b>Park Storytime @ Arnold Park</b> 10:30 AM All Ages - Feydlin 1 <b>Movie Matinee: Land Before Time III</b> 1 - 3 PM All Ages <b>Twween: Dino Nugget Keychain</b> 4 - 5 PM Ages 11 - 14</p>	<p><b>31</b></p>	

REGISTRATION REQUIRED FOR:  
SIGN UP ONLINE



**Elementary STEAM**  
- Fossils 6/24  
- Sunset Silhouettes 7/1  
- Hieroglyphics 7/8  
- Dino Shadow Art 7/15  
- Dinosaur Designers 7/22  
- Amazing Race 7/29

**Reader's Theater**  
- Session 1 - 6/23  
- Session 2 - 7/7  
- Session 3 - 7/21

**Twween Events**  
- Prehistoric Suncatcher 6/25  
- Amber Soapmaking 7/2  
- Reverse Tie-Dye 7/9  
- Dino Nugget Keychain 7/16  
- Zombie Day 7/23  
- Stego Purse 7/30

**Kopernick Portable Planetarium**  
• Opens 6/27  
**Jurassic Park Escape Room**  
• Opens 7/24

# VP MONTH AT A GLANCE

## UNEARTH A STORY™

# JULY 2026

**Wednesday, July 1, 15, 29**

Tech Assistance - Off Site

10:30 AM - @ Vestal Senior Center

**Thursday, July 2** Thursday, July 2

Yin Yoga - Sign Up Online Sound Bath - Sign Up Online

6PM - Meeting Room 7 PM - Meeting Room

**Monday, July 6 & 20** Thursday, July 9

Read to a Therapy Dog

6 - 7:30 PM - Youth Dept.

**Wednesday, July 8 & 22** Broome County Chess Club

6 - 8 PM - Meeting Room - Ages 12 +

Pins & Needles: Knit and Crochet

6 PM - In Library - Meet Up

(Kids must be accompanied by a parent/guardian 18 or older)

**Thursdays - July 9 - August 13**

Movie Matinees

1 - 3 PM - Meeting Room - All Ages

Jurassic Park (PG-13), Ice Age: Dawn of the Dinosaurs, National

Treasure, Land Before Time III, Night at the Museum, Good Dinosaur

**Friday, July 10 & July 31**

Crafty Cinema: The Mummy (1999) ; Notting Hill

6 - 9PM - Meeting Room - Movie starts at 6:30 PM BYO Craft &

Preferred Snacks, Popcorn provided!

**Saturday, July 11**

Kopernik Portable Planetarium:

Dino Stars a Journey Through Time & Space - Sign Up Online 6/27

11 AM, 11:30 AM, 12 PM - All Ages - Meeting Room

**Tuesday, July 14**

Mad for Art: Painted Door Mat

6 - 7:30 PM - Ages 16+ - Sign up online 6/30

**Wednesday, July 15** Wednesday, July 15

Shelf Indulgence - Book Club - VPL Board of Trustees Meeting

6:30PM - Meeting Room

Annihilation by Jeff VanderMee

6 PM - Local History Room

**Friday, July 17**

Pop-Up Food Pantry w/ Good Neighbors

Chakra Sound Bath 5 - 6PM - Meeting Room

6PM - Sign Up Online Pick up a Number at Front Desk to hold

**Saturday, July 18** your place in line.

Teen Cafe: Refreshers on the Patio

Donations for drinks recommended not required

**Tuesday, July 21**

Digging up Castle Gardens: Public Archeology

4 - 5:30 PM - Ages 16+ - Sign up online 6/23

**Monday, July 27**

Ancestry: Get Started w/ Library Resources

5:30 - 7:30 PM - Ages 16+ Sign up online 6/30 6PM - Meeting Room

**Tuesday, July 28**

Java Joe Jammers -

Live Music

SUN	MON	TUE	WED	THU	FRI	SAT
	Scan the QR code to sign up for and view events				VPL Closed Independence Day (Observed)	VPL Closed Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# **SUMMER IS HERE!**

Our sensory room is available for families to enjoy a calm, safe space anytime during the week.

Take a moment to recharge, your family deserves it!

## **OPERATING HOURS**

Monday - Thursday

8:30 - 4:30 p.m.

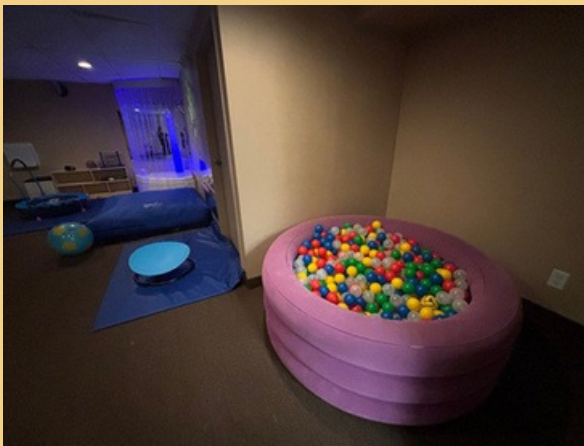
Fridays

8:30 - 3 p.m.

## **BOOKING PROCESS**

Please contact Lucas Stone

607 724 2111 Ext. 359



# Welcome to the STIC Room- Summer edition!

Each season, we highlight new ways to explore our senses! This season is multi-purpose tools!

## Multi-purpose tools:

- **Love Hugs Sensory Star** can calm in multiple ways such as the soft texture with “Twinkle Twinkle Little Star”!
- **Crayola Touch Lights Mat** can offer sound, lights, and creative play on days inside!
- **Ball pits** are a fun tool to encourage coordination, balance, and improve motor skills!
- **Bubble towers** work like a lava lamp and please by sound and sight!

**Book the sensory room by scanning below!**



**Pictured: Ball pit**



**Pictured: Love Hugs Sensory Stars**



**Pictured: Crayola Touch Lights Mat**



# World Emoji Day

July 17, 2026

World Emoji Day is a fun reminder that there are many ways to express our thoughts and feelings. Emojis can help children identify emotions, start conversations, and build emotional awareness in a way that feels engaging and relatable.

## Here's why this day matters to families:

- Encourages conversations about emotions and self-expression
- Helps children build emotional awareness and communication skills
- Provides a fun and accessible way to talk about feelings

## What can you do as a parent?

- Talk about different emotions and how they can be expressed in healthy ways
- Highlight the importance of recognizing and communicating feelings
- Show that all emotions are okay, even the difficult ones, and that talking about them can help

## Things to do with your kids:

- **Emoji Feelings Check-In**
  - Have each family member choose an emoji that matches how they're feeling and share why
- **Create Your Own Emoji**
  - Draw a new emoji that represents a feeling, hobby, or favorite activity
- **Emoji Charades**
  - Take turns acting out different emoji emotions while others guess the feeling



# Just Shop in July

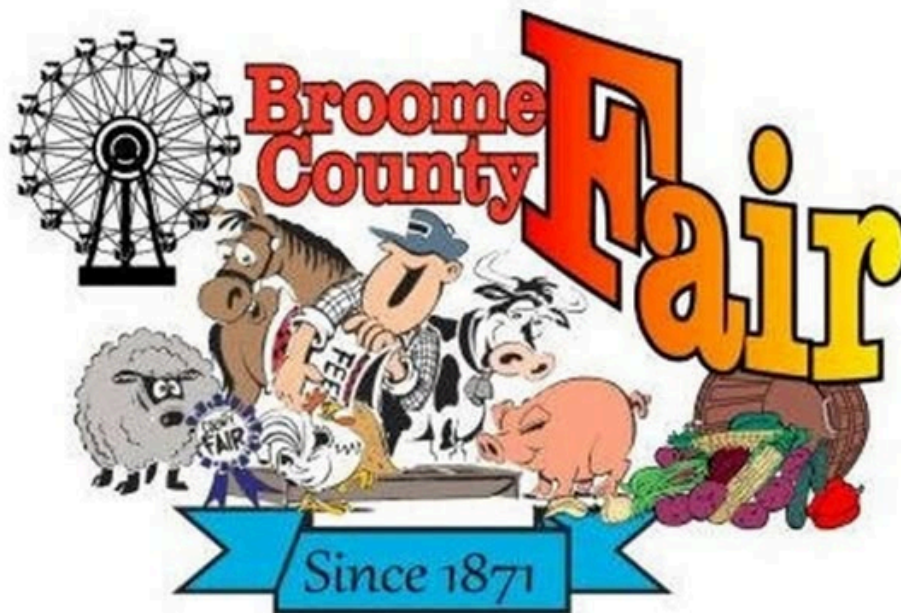
- July 4 - Shop 9am-1pm at your favorite vendor tables
- July 11 - We are here 9am-1pm on the Green
- July 18 - Veterans come get your coupons and spend them on your favorite foods
- July 25 - Beat the heat with some summer shopping 9am-1pm

Add a weekly shopping stop at  
The Windsor Farmers Market  
to your calendar

Regular hours 9am- 1pm

The Windsor Farmers Market participates in SNAP - double your  
spending power by getting matching funds in FreshConnect coupons

## 151st Broome County Fair



Tues, July 28 - Sun, August 2, 2026

# International Self-Care Day

July 24, 2026



International Self-Care Day encourages us to take time to care for our physical, emotional, and mental wellbeing. Self-care isn't just about relaxing. It's about building healthy habits that help us feel our best and handle life's challenges.

## Here's why this day matters to families:

- Encourages healthy habits that support overall wellbeing
- Teaches children the importance of caring for their minds and bodies
- Creates opportunities for families to slow down, recharge, and connect

## What can you do as a parent?

- Talk about what self-care means and how it can look different for everyone
- Highlight the importance of making time for healthy habits and activities that bring joy
- Show that taking care of yourself is not selfish, it's an important part of staying healthy and helping others

## Things to do with your kids:

- **Create a Self-Care Menu:** Together, make a list of activities that help each family member feel calm, happy, or recharged
- **Cozy Reading Time:** Spend 20 minutes reading a favorite book together in a comfortable space
- **Family Wellness Walk:** Take a walk outside and talk about one thing each person can do to care for themselves this week

## Food Resources for Broome County Residents

<b>CHOW</b>	26 pantries throughout the county	12 times per year 4 weeks between referrals	Dial 2-1-1 or 1-800-901-2180	2-1-1 1-800-901-2180
<b>Binghamton</b>				
<b>Catherine's Cupboard</b>	St. Francis of Assisi 1031 Chenango St		1st & 3rd Tuesday 5:30 - 7:00 PM	722-4388
<b>Catholic Charities</b>	100 Main St	May be served 1X/month with proof of residence (bill from past 30 days) and ID for all in household	Mon/Wed/Thu/Fri 9 - 11:30 AM & 1- 3:30PM Tuesday 1 - 3:30 PM	723-4563
<b>Fairview United Methodist Church</b>	254 Robinson St (use door on Bigelow St)		Monday 4- 6 PM	724-6886
<b>Landmark Church</b>	126 Court St	Proof of residence required	4th Saturday of month 8AM	723-1127
<b>Loaves &amp; Fishes</b>	25 1/2 Mill St	May be served 1X/month with proof of residence	Mon & Wed 11AM-2PM	724-5304
<b>Salvation Army</b> <small>Serves only zip 13744, 13745, 13748, 13760, 13761, 13762, 13763, 13790, 13802, 13833, 13850, 13851, 13901, 13902, 13903, 13904, 13905.</small>	131 Washington St	May be served once every 3 months with proof of residence and ID for <b>all</b> in the household	Mon-Fri 10 AM - Noon  Bread distribution Mon-Fri 12-1 PM	722-2987
<b>Deposit Area Pantries (Deposit School District residents)</b>				
<b>Deposit Council of Churches Food Pantry</b>	Sanford Town Hall (side door) 91 Second St Deposit residence	May be served 1X/month with proof of	Thursday 3 - 6 PM	727-3266 Bill
<b>Endicott - Endwell Area Pantries</b>				
<b>Mother Teresa's Cupboard</b> <small>Serves zip 13760, 13790, 13802, 13850</small>	202 Garfield Ave Endicott	May be served 1X/month with proof of residence (bill from past 30 days) and ID for all in household	Mon/Wed/Fri 9 AM - 2:30 PM Tuesday 4 - 6:30PM	741-0011
<b>Our Lady of Good Counsel</b>	701 W Main St Endicott	May be served 1X/month with proof of residence	Tue & Thur 9 AM - Noon	748-7417 Call ahead
<b>The Food Pantry @ The Learning Center East</b>	100 Jenkins St Endicott (Use rear parking lot entrance)	May be served 2X/month with ID for all in the household	Tue & Fri 10 - 11:45AM Tue 5:30 - 6:45PM	429-0041
<b>Vestal Pantries</b>				
<b>Our Lady of Sorrows</b>	801 Main St Vestal Call 1 day ahead	Vestal/Apalachin residents with ID and proof of address	Tue 10 AM - Noon Thu 4 - 7 PM Sat 9 AM - Noon	785-3214 <b>leave message</b>

## Afton - Colesville - Harpursville - Sanitaria Springs Pantries

<b>Colesville Community Pantry</b>	Volunteer Ambulance Services Building 28 King Rd Harpursville	Town of Colesville residents 1X/month	1st & 3rd Tue 10 AM - Noon & 4:30 - 6:30 PM	693-1228 693-2831
<b>St. Joseph Church</b>	659 State Rt 7B Sanitaria Springs	Proof of address and ID for household members	Call ahead	648-8341 <b>call ahead</b>


## Whitney Point & Lisle Pantries

<b>Whitney Point Community Pantry</b>	St. Patrick's 59 Keibel Rd Whitney Point	Whitney Point/Lisle resident may be served 1X/month with proof of residence	Call ahead Mon - Thu & Sat 10 AM - Noon	692-3911 692-2321
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## Windsor Pantries

<b>Bread of Life Pantry Windsor Bible Baptist</b>	155 Chapel St Windsor		Call ahead Mon - Fri 7 AM - Noon	743-1946 655-1612
<b>Human Development Our Lady of Lourdes</b>	594 Kent St Windsor	1X/month Benefit card; current bill (30 days) and ID for all	Tue/Thu/Sat 10 AM - Noon Wed 4 - 6 PM	217-8839

## Budget Stretchers

<b>Binghamton Farm Share</b>	Offers a season-long agreement with a local farmer who provides a "share" of vegetables each week. Convenient pick-up points in Binghamton. Share size and price range from \$15-\$32 per week. Binghamton residents.			238-3522
<b>BC Office for Aging</b>	Senior Center meals and Farmers Market Coupons for seniors.			778-2411
<b>CHOWbus</b>	Mobile Chow Bus during growing season (July 15th through October 31st) with site stops in Johnson City, Whitney Point, Lisle, Endicott, and Bing. Cash, credit or EBT Low cost/No cost.			759-8772
<b>Food Coop</b>	Binghamton University-Basement Student Union Rm 30			10AM-4PM Mon-Fri
<b>Mobile Food Pantry</b>	Food Bank of the Southern Tier visits various sites in Broome County monthly to deliver fresh produce, dairy products, and other food and grocery products directly to distribution sites. All welcome.			Visit website <a href="http://www.foodbankst.org">www.foodbankst.org</a>  or call 2-1-1 for schedule
<b>SNAP</b> (Supplemental Nutritional Assistance Program)	Governmental subsidy for food through Social Services. Family Enrichment Network offers assistance to find out eligibility.			778-3772 or 1-800-342-3009  723-8313 ext 827
<b>WIC (Women, Infants &amp; Children)</b>	Government food subsidy and Farmers Market coupons for pregnant women, children birth-5yrs based on "nutritional risk" and income.			778-2881
 <small>Susquehanna River Region Get Connected. Get Answers.</small>	<a href="http://www.helpme211.org">www.helpme211.org</a> Dial: 2-1-1 or 1-800-901-2180			10/30/15