

Mental Health and Wellness in **August**

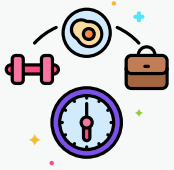
Resources & Events for
Families in Broome County



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

National Wellness Month
International Youth Day
National Relaxation Day
World Humanitarian Day

Growing Through New Beginnings



Healthy Routines

- *Small, consistent routines help children feel secure, confident, and ready to navigate change*



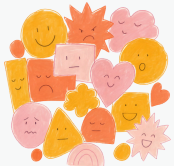
Growing Confidence

- *Celebrate progress over perfection and encourage children to embrace new experiences with courage*



Meaningful Connections

- *Strong friendships and supportive relationships help children feel seen and connected*



Emotional Wellness

- *Create space for children to recognize and express their emotions in healthy ways*



Kindness in Action

- *Simple acts of kindness build empathy and remind children that their actions matter*

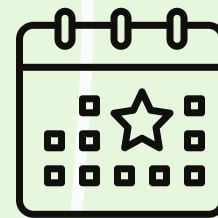


Embracing Change

- *Every new beginning is an opportunity to learn, grow, and discover new strengths together*

As your family enters a new season, what is one small change you hope will help everyone feel more connected this month?

Upcoming Local Events and Family Activities



Binghamton Bridge Pedal

 **August 1, 2026** –  **8:00 AM - 12:30 PM** –  **TechWorks: 321 Water Street, Binghamton**

A fun, family friendly bike ride in the parks, on the riverside trails, and on the streets of Binghamton. The bike ride will begin and end at TechWorks

Spiedie Fest and Balloon Rally

 **August 7 - 9, 2026** –  **Otsiningo Park**

41st Annual with hot-air balloons, arts, crafts, antique cars, live music, and our local delicacy “spiedies”

Festival of Giants R/C Air Show

 **August 7 - 8, 2026** –  **Chenango Bridge Airport: 247 Airport Road, Chenango Bridge**

Come watch some of the largest radio-controlled aircraft take to the skies over the historic Chenango Bridge Airport

Beach Bash

 **August 15, 2026** –  **2:00 PM** –  **Nathaniel Cole Park**

Enjoy live music, a wide variety of food vendors, and fireworks in this family fun event at Nathaniel Cole Park

8th Annual Harper M. Stantz Rec Park Music Fest

 **August 16, 2026** –  **1:00 PM - 8:00 PM** –  **Rec Park: 58-78 Beethoven Street, Binghamton**

Prepare for a fun day featuring both local/regional talent in our beautiful Recreation Park to celebrate the life of Harper M. Stantz

2026 Sterling Fest

 **August 21-23, 2026** –  **DoubleTree Downtown Binghamton & Recreation Park**

Join the Rod Sterling Memorial Foundation to celebrate the life and work of Rod Sterling, create of The Twilight Zone, featuring panels, screenings, raffles, and guest speakers

19th Annual Gusto! Italian Festival

 **August 28, 2026** –  **5:00 - 9:00 PM** –  **Little Italy in Endicott**

Prepare for a celebration full of live music, incredible vendors, fireworks and more at the Little Italy in Endicott

11th Annual Binghamton Porchfest

 **August 30, 2026** –  **West Side neighborhood of Binghamton**

A free celebration of community, music, and togetherness, Porchfest is the grassroots collaborative effort of hundreds of individual musicians and dozens of resident hosts of the West Side neighborhood of Binghamton

DON'T MISS THE BUS!



BC TRANSIT



FREE RIDES on all BC Transit
routes for back to school
vaccine appointments!

Just let the driver know you and your
child are going to get a vaccine!

July 1-October 31 2026

Visit broomecountyny.gov/transit for bus schedules,
route maps, and questions on using BC Transit

Children must be up to date on vaccines to attend
school. Children who do not have required
vaccines will not be allowed in school!*

Plan your back to school appointments today!



**BROOME COUNTY
NEW YORK**

*PHL 2164, NYCRR 10 Subpart 66-1
06/2026

**Not sure what
your child needs?
Call your
healthcare
provider today!**



LEE BARTA COMMUNITY CENTER

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

HEALTHYLIFESTYLESCOALITION

AUGUST 2026

COMMUNITY ROOM & COMPUTER LAB
OPEN
MONDAY - THURSDAY & EVERY OTHER FRIDAY
8:30 AM - 4:30 PM

Lee Barta
Center

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3	4	5	6	7
	SUMMER LUNCH FOR YOUTH 12 PM - 1 PM	FOOD PANTRY 10:30 AM - NOON	SUMMER LUNCH FOR YOUTH 12 PM - 1 PM OPEN SHOP 2:30 PM - 4:30 PM EMPOWERMOMS WORKSHOP 5:30 - 8 PM	
10	11	12	13	14
	SUMMER LUNCH FOR YOUTH 12 PM - 1 PM	FOOD PANTRY 10:30 AM - NOON PAINT NIGHT 5 PM - 6 PM	CHILL & CHAT 10 AM - 11 AM SUMMER LUNCH FOR YOUTH 12 PM - 1 PM OPEN SHOP 2:30 PM - 4:30 PM	CLOSED
17	18	19	20	21
	SUMMER LUNCH FOR YOUTH 12 PM - 1 PM	FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON	SUMMER LUNCH FOR YOUTH 12 PM - 1 PM OPEN SHOP 2:30 PM - 4:30 PM EMPOWERMOMS WORKSHOP 5:30 - 8 PM	
24	25	26	27	28
	COOKING CLASS 5 PM - 6 PM	FOOD PANTRY 10:30 AM - NOON	CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM	CLOSED
31				

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

PROGRAMS

SUMMER LUNCH FOR YOUTH - TUESDAYS AND THURSDAYS, 12 PM - 1 PM

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

DREAM AGAIN: PERMISSION TO WANT MORE FOR YOURSELF LED BY EMPOWERINGMOMS INITIATIVE

THURSDAY, AUGUST 6TH & 20TH, 5:30 PM - 8 PM

A free community gathering for moms and caregivers seeking encouragement, connection, and practical support while navigating everyday life. Limited capacity; RSVP encouraged. Zoom option available.

FAMILY PAINT NIGHT WITH MS. REBECCA WEDNESDAY, AUGUST 12TH, 5 PM - 6 PM

You bring your creativity & we will provide the art supplies! This program is open to all & snacks will be provided.

COOKING CLASS: REFRIGERATOR PICKLES TUESDAY, AUGUST 25TH, 5 PM - 6 PM

Join Ms. Ann from Cornell Cooperative Extension to learn how to make refrigerator pickles! 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!

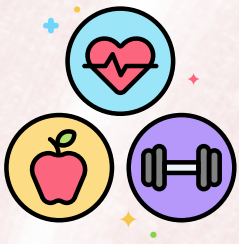
CHECK OUT OUR NEWLY UPGRADED COMPUTER LAB

Open during our regular operating hours for printing and internet browsing.

Lee Barta
Center



FOR THE MOST UP TO
DATE INFORMATION ON
OUR CALENDAR,
FOLLOW US ON
FACEBOOK.



National Wellness Month

AUGUST

National Wellness Month encourages individuals and families to prioritize their physical, emotional, and mental wellbeing. Wellness isn't about being perfect, it's about creating healthy habits that help us feel our best and build resilience together.

Here's why this month matters to families:

- Encourages healthy routines that support physical, emotional, and mental health
- Helps children understand the importance of caring for both their minds and bodies
- Reinforces that small, consistent habits can have a lasting impact on overall wellbeing

What can you do as a parent?

- Talk about how wellness includes sleep, nutrition, movement, emotions, and self-care, not just physical health
- Highlight the importance of creating simple, consistent routines that help children feel safe and supported
- Show that taking care of yourself is an important part of taking care of your family

Things to do with your kids:

- **Create a Family Wellness Checklist**
 - Together, choose a few daily wellness goals such as drinking water, getting outside, reading, practicing gratitude, or getting enough sleep
- **Move Together**
 - Go for a family walk, dance to your favorite songs, or create a fun obstacle course at home
- **Make a Healthy Habit Jar**
 - Write healthy activities on slips of paper (stretching, deep breathing, drawing, drinking water, reading, helping someone) and choose one each day to complete as a family

BROOME COUNTY PARKS

BEACH BASH



PRESENTED BY VISIONS FEDERAL CREDIT UNION

AUGUST 15, 2026 | 2:00 PM-FIREWORKS

NATHANIEL COLE PARK

LIVE MUSIC • SWIMMING • BOATING
GAMES • FOOD VENDORS • FIREWORKS

B.C. TRANSIT WILL PROVIDE ROUND TRIP TRANSPORTATION FROM VISIONS FEDERAL CREDIT UNION VETERANS MEMORIAL ARENA TO NATHANIEL COLE PARK BEGINING AT 2PM



VISIONS
FEDERAL CREDIT UNION

August 2026

Broome County
Public Library

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Summer reading logs can be exchanged for prizes from August 3rd to August 31st</i>					
3 Kindergarten Prep 12:00-1:00pm Raspberry Pi Class 2:00-4:00pm Teen Craft & Chat 6:00-7:00pm	4 Crafty Kids 1:00-3:00pm Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	5 Toddler Story Time 10:00-11:00am Tween STEAM Program 2:00-3:00pm Pre-K Story Time 3:00-4:00pm Sit & Stitch 5:00-6:00pm	6 Baby Story Time 10:00-11:00am Reader's Theater 1:00-2:00pm Family Movie Day 2:00-4:00pm Tween & Teen Movie Day 5:00-7:00pm	7 LEGO Club 9:00am-1:00pm Tween Craft & Chat 3:00-4:00pm	1 LISSTEM 1:00-2:00pm 8 Teen D&D* 11:00am-4:00pm LISSTEM 1:00-2:00pm
10 Kindergarten Prep 12:00-1:00pm Raspberry Pi Class 2:00-4:00pm Teen Craft & Chat 6:00-7:00pm	11 Crafty Kids 1:00-3:00pm Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	12 Toddler Story Time 10:00-11:00am Tween STEAM Program 2:00-3:00pm Pre-K Story Time 3:00-4:00pm Sit & Stitch 5:00-6:00pm	13 Baby Story Time 10:00-11:00am Reader's Theater 1:00-2:00pm Family Movie Day 2:00-4:00pm Tween & Teen Movie Day 5:00-7:00pm	14 LEGO Club 9:00am-1:00pm Tween Craft & Chat 3:00-4:00pm	15 Teen D&D* 11:00am-4:00pm LISSTEM 1:00-2:00pm
17 Teen Craft & Chat 6:00-7:00pm	18 Family Game Night 5:00-6:00pm	19	20	21	22
24 Teen Craft & Chat 6:00-7:00pm	25 Family Game Night 5:00-6:00pm	26 Sit & Stitch 5:00-6:00pm	27	28 PBS Kids Screening 10:00-11:00am	29 Teen D&D* 11:00am-4:00pm
	Teen Craft & Chat 6:00-7:00pm	Sit & Stitch 5:00-6:00pm			Toddler Dance Party 10:00-11:00am

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.

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.

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

Teen Dungeons & Dragons - Join us for an exciting one-shot Dungeons & Dragons adventure! Beginners are welcome. Character creation is from 11am-12pm. Join us at 12pm if you just want to play. This is an event for youth in Grades 7-12. **Space is limited and registration is required.**

Toddler Dance Party - Come move and groove at BCPL! Join us for dancing, bubbles, and lots of fun! Recommended for ages 2-5.

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!

International Youth Day

August 12, 2026

International Youth Day celebrates the unique strengths and voices of young people around the world. It is a reminder that every child deserves opportunities to learn and grow while developing the confidence and skills they need to drive.

Here's why this day matters to families:

- Encourages children to recognize their talents and unique qualities
- Promotes confidence and positive self-esteem
- Reminds adults of the importance of listening to and empowering young people

What can you do as a parent?

- Talk about your child's strengths and encourage them to share their ideas and interests
- Highlight the importance of perseverance by celebrating effort and learning from mistakes
- Show your child that their thoughts and feelings are valued by listening with curiosity

Things to do with your kids:

- **Strengths Spotlight**
 - Take turns sharing one strength you notice in each family member and discuss how those strengths help others
- **Dream Big Vision Board**
 - Create a collage with pictures or drawings of hobbies, places to visit or goals your child hopes to achieve someday
- **Compliment Circle**
 - Sit together as a family and have each person share a genuine compliment or something they appreciate about one another

VESTAL PUBLIC LIBRARY

AUGUST 2026 *UNEARTH A STORY™*

VP THIS MONTH IN Youth Services

SUN	MON	TUE	WED	THU	FRI	SAT
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.						
2	3 Little Learners: Dig & Discover 10:30 - 11:30 AM Ages 2 - 5 - Mtng Rm Little Learners Take & Make: Fossil Hunt Ages 0 - 2 - Pick up at 10:30 while supplies last Read to a Therapy Dog 6-7:30 PM All Ages - Youth	4 Reader's Theater Session 3 1:30-3 PM Ages 6-11 Meeting Room	5 Elementary STEAM: Dinosaur Designers 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30 PM - Ages 8 - 11 6 PM - Blended Ages 5 - 11 Meeting Room	6 Park Storytime @ Arnold Park 10:30 AM All Ages - Pavilion 1 Movie Matinee: Night at the Museum 1 - 3 PM All Ages Tween: Zombie Day 4 - 5 PM Ages 11 - 14	7 Jurassic Park Escape Room Sessions from 3 - 8 PM Teams of 8 - Ages 7+ At least 1 grownup per team Small Conference Room	8 Jurassic Park Escape Room Sessions from 10AM - 4 PM Teams of 8 - Ages 7+ At least 1 grownup per team Small Conference Room
9	10 Little Learners: Dino Dress Up 10:30 - 11:30 AM Ages 2 - 5 Meeting Room	11 Reader's Theater Session 3 1:30-3 PM Ages 6-11 Meeting Room	12 Elementary STEAM: Amazing Race 1 - 2 PM - Jr. Ages 5 - 7 2:30 - 3:30 PM - Ages 8 - 11 6 PM - Blended Ages 5 - 11 Meeting Room	13 Park Storytime @ Arnold Park 10:30 AM All Ages - Pavilion 1 Movie Matinee: Good Dinosaur 1 - 3 PM All Ages Tween: Strego Purse 4 - 5 PM Ages 11 - 14	14 Block Party! 5 - 8 PM All Ages	15
16	17 Read to a Therapy Dog 6-7:30 PM All Ages Youth Services Dpt.	18	19	20	21 Pop-Up Food Pantry w/ Good Neighbors 5 - 6PM Pick up a Number at Front Desk to hold your place in line.	22 Last day to enter reading challenge raffle tickets.
23		24	25	26	27	28
						29

REGISTRATION REQUIRED FOR:
SIGN UP ONLINE



Scan the QR code to view and 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

Tween 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

The logo for "Unearth: A Story" is located in the bottom right corner. It features the word "UNEARTH" in large, green, blocky capital letters with a black outline. Below it, the words "A STORY" are written in a smaller, orange, stylized font. The entire logo is set against a background of colorful, abstract shapes in shades of green, yellow, and purple.

AUGUST 2026

your place in line.

SUN	MON	TUE	WED	THU	FRI	SAT
Scan the QR code to sign up for and view events 				1 		
2	3 	4	5	6 	7 	8 
9	10	11 	12 	13 	14 Block Party! 5 - 8 PM All Ages	15
16	17 	18 	19 	20	21 	22
23	24 	25 	26 	27	28	29
30	31 			10 AM - 6PM BOOK SALE	10 AM - 5 PM BOOK SALE	11 AM - 4 PM BOOK SALE

A collage of various BBQ-related illustrations including a pig, a chicken, a grill, a spatula, a fork, a flame, a pepper mill, a salt shaker, and a pig's head.

BBQ

BROOKS' CHICKEN BBQ DRIVE-THRU

**SUNDAY, AUGUST 23, 2026
11:00AM - 2:00PM (OR UNTIL- SOLD OUT!)
THE HUMANE SOCIETY
167 CONKLIN AVE, BINGHAMTON**

**\$16 DINNERS/\$11 HALVES
PRESALE TICKETS
ARE AVAILABLE**

WWW.BCHUMANESOC.COM | 607-724-3709 EXT. 107

BBQ

SUMMER IS (STILL) 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.

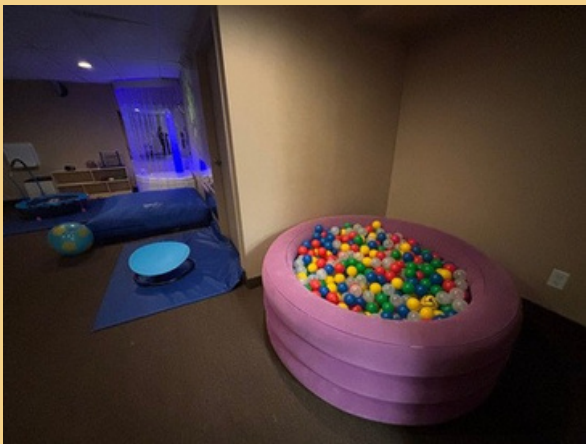
Fridays

8:30 - 3 p.m.

BOOKING PROCESS

Please contact Lucas Stone

607 724 2111 Ext. 359





National Relaxation Day

August 15, 2026

National Relaxation Day encourages us to slow down and recharge. Children experience stress just like adults, and teaching healthy ways to relax can help them manage big emotions and build lifelong coping skills.

Here's why this day matters to families:

- Helps children recognize when they need a break and how to calm their minds and bodies
- Encourages healthy coping strategies for managing stress and overwhelming emotions
- Promotes emotional regulation and overall wellbeing through intentional moments of rest

What can you do as a parent?

- Talk about how everyone experiences stress and that taking breaks is a healthy way to care for ourselves
- Highlight simple relaxation techniques your child can use at home, school, or in the community
- Show that relaxation can be part of your family's routine by modeling healthy ways to unwind together

Things to do with your kids:

- **Create a Calm Corner**
 - Design a cozy space with books, stuffies, fidgets, blankets, or calming sensory items where your child can go to relax
- **Practice Mindful Breathing**
 - Try “smell the flower, blow out the candle” breathing or count slow breaths together for one minute
- **Family Unplugged Time**
 - Set aside 20-30 minutes to put away screens and enjoy a calming activity like reading, coloring, stretching, listening to music, or taking a quiet walk

19th Annual
 GUSTO!
Italian Festival

Friday, August 28th

5 - 9 PM

Witherill St. | Endicott, NY

Between Oak Hill Ave. & Hill Ave.

**ITALIAN CUISINE
LIVE MUSIC
KIDS ACTIVITIES
LOCAL FOOD, BEER, & WINE
FIREWORKS**

Little Italy
ENDICOTT, NY

www.littleitalyendicott.org
LittleItalyEndicott@gmail.com

World Humanitarian Day

August 19, 2026

World Humanitarian Day recognizes the importance of helping others and making a positive difference in our communities. It reminds us that even small acts of kindness and compassion can have a lasting impact on the lives of those around us.

Here's why this day matters to families:

- Encourages children to develop empathy and respect for others
- Reinforces the value of kindness and helping those in need
- Inspires families to strengthen their communities through simple acts of service

What can you do as a parent?

- Talk about how small acts of kindness can brighten someone's day and make a meaningful difference
- Highlight the importance of empathy by encouraging your child to consider how others may be feeling
- Show your child that helping others can be part of everyday life through simple acts of generosity and compassion

Things to do with your kids:

- **Kindness Challenge**
 - Create a list of simple acts of kindness (hold the door, write a thank-you note, help a neighbor, or compliment someone) and complete them together throughout the week
- **Give Back Together**
 - Donate gently used toys, books, or clothing to a local community organization
- **Kindness Jar**
 - Decorate a jar and add slips of paper describing kind things family members have done. Read them together at the end of the month and celebrate the positive impact you've made

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



2026 COUNTY FAIR GUIDE

GREENE COUNTY YOUTH FAIR

JULY 23 – 26, 2026
CAIRO

BROOME COUNTY FAIR

JULY 28 – AUGUST 2, 2026
WHITNEY POINT

OTSEGO COUNTY FAIR

AUGUST 4 – 9, 2026
MORRIS

ULSTER COUNTY FAIR

AUGUST 4 – 9, 2026
NEW PALTZ

AFTON FAIR

AUGUST 11 – 15, 2026
AFTON

CHENANGO COUNTY FAIR

AUGUST 12 – 16, 2026
NORWICH

SCHOHARIE COUNTY SUNSHINE FAIR

AUGUST 11 – 16, 2026
COBLESKILL

GRAHAMSVILLE LITTLE WORLD'S FAIR

AUGUST 14 – 16, 2026
GRAHAMSVILLE

DELAWARE COUNTY FAIR

AUGUST 17 – 22, 2026
WALTON

TRUMANSBURG FAIR

AUGUST 25 – 30, 2026
ULYSSES

COLUMBIA COUNTY FAIR

SEPTEMBER 2 – 7, 2026
CHATHAM

SCHAGHTICOKE FAIR

SEPTEMBER 2 – 7, 2026
SCHAGHTICOKE

Food Resources for Broome County Residents

CHOW	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
Binghamton				
Catherine's Cupboard	St. Francis of Assisi 1031 Chenango St		1st & 3rd Tuesday 5:30 - 7:00 PM	722-4388
Catholic Charities	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
Fairview United Methodist Church	254 Robinson St (use door on Bigelow St)		Monday 4- 6 PM	724-6886
Landmark Church	126 Court St	Proof of residence required	4th Saturday of month 8AM	723-1127
Loaves & Fishes	25 1/2 Mill St	May be served 1X/month with proof of residence	Mon & Wed 11AM-2PM	724-5304
Salvation Army Serves only zip 13744, 13745, 13748, 13760, 13761, 13762, 13763, 13790, 13802, 13833, 13850, 13851, 13901, 13902, 13903, 13904, 13905.	131 Washington St	May be served once every 3 months with proof of residence and ID for all in the household	Mon-Fri 10 AM - Noon Bread distribution Mon-Fri 12-1 PM	722-2987
Deposit Area Pantries (Deposit School District residents)				
Deposit Council of Churches Food Pantry	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
Endicott - Endwell Area Pantries				
Mother Teresa's Cupboard Serves zip 13760, 13790, 13802, 13850	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
Our Lady of Good Counsel	701 W Main St Endicott	May be served 1X/month with proof of residence	Tue & Thur 9 AM - Noon	748-7417 Call ahead
The Food Pantry @ The Learning Center East	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
Vestal Pantries				
Our Lady of Sorrows	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 leave message

Afton - Colesville - Harpursville - Sanitaria Springs Pantries

Colesville Community Pantry	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
St. Joseph Church	659 State Rt 7B Sanitaria Springs	Proof of address and ID for household members	Call ahead	648-8341 call ahead

Whitney Point & Lisle Pantries

Whitney Point Community Pantry	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

Bread of Life Pantry Windsor Bible Baptist	155 Chapel St Windsor		Call ahead Mon - Fri 7 AM - Noon	743-1946 655-1612
Human Development Our Lady of Lourdes	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

Binghamton Farm Share	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	
BC Office for Aging	Senior Center meals and Farmers Market Coupons for seniors.		778-2411	
CHOWbus	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	
Food Coop	Binghamton University-Basement Student Union Rm 30		10AM-4PM Mon-Fri	
Mobile Food Pantry	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 www.foodbankst.org or call 2-1-1 for schedule	
SNAP (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	
WIC (Women, Infants & Children)	Government food subsidy and Farmers Market coupons for pregnant women, children birth-5yrs based on "nutritional risk" and income.		778-2881	
		www.helpme211.org Dial: 2-1-1 or 1-800-901-2180		10/30/15



2026 ON-SITE WORKSHOPS for NEW GARDENERS

LATE SEASON PLANTING

Oak St. Community Garden:
150 Oak Street, Binghamton

Saturday, August 1st
3pm-4:30pm



To All Caregivers:

thank you

Your presence, patience, and
compassion make the world better for
every child you touch.

This month, we see you.

We thank you.

We stand with you.

