Mental Health and Wellness in November

Resources & Events for Families in Broome County



November 1st - Daylight Savings

November 3rd - Election Day

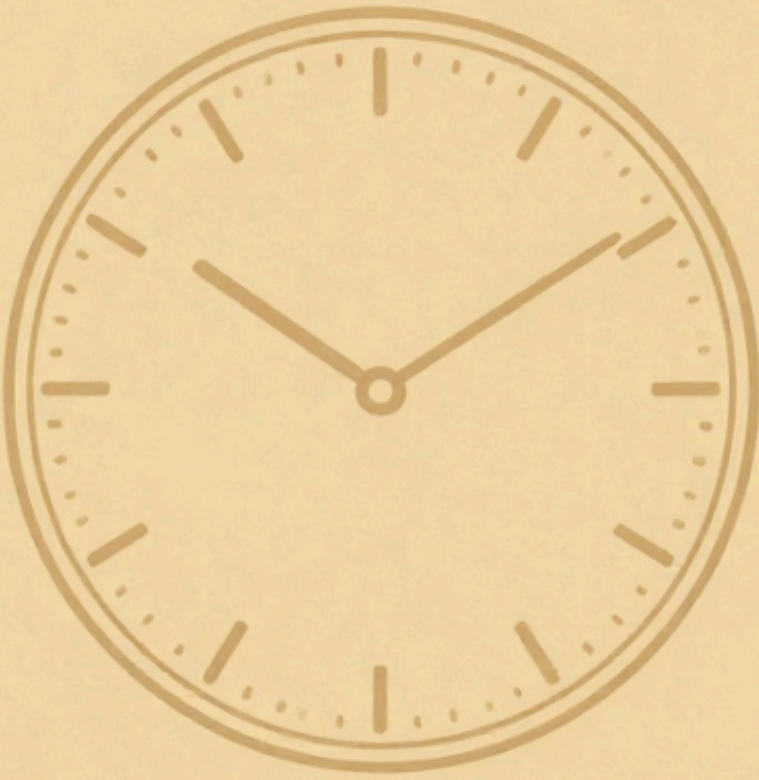
November 11th - Veteran's Day

November 26th - Thanksgiving Day

National Native American Heritage Month

Daylight Savings
November 1, 2026

Daylight Savings Time is about to end once again on November 1st, 2026 at 2 a.m. During the season of fall, Americans are reminded to turn their clocks back one hour so the time can “fall back” to normal. This gives most people another hour overnight and sunsets will occur an hour earlier.



Voting Day
November 3, 2026

Check your local listings for voting locations
https://www.broomevotes.com/
on the first page of the site click “Where do you vote”
Poll site locator



LEE BARTA COMMUNITY CENTER

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

HEALTHYLIFESTYLECOALITION

Healthy Lifestyle Cuddlon

NOVEMBER 2026

COMMUNITY ROOM & COMPUTER LAB OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY

3:50 AM - 4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 DROP-IN HOUR FOR YOUTH 2:45 PM - 4PM	4	5 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM	6 CLOSED
9	10 DROP-IN HOUR FOR YOUTH 2:45 PM - 4PM	11 FOOD PANTRY 10:30 AM - NOON FAMILY PAINT NIGHT 5 PM - 6PM	12 OPEN SHOP 2:30PM - 4:30PM	13
16	17 DROP-IN HOUR FOR YOUTH 2:45 PM - 4PM	18 FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON	19 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM COOKING CLASS 5 PM - 6PM	20 CLOSED
23 FAMILY GAME NIGHT 5 PM - 7PM	24 DROP-IN HOUR FOR YOUTH 2:45 PM - 4PM	25 FOOD PANTRY 10:50 AM - NOON	26 THANKSGIVING CLOSED	27 CLOSED
30				



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

PROGRAMS

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 -
THURSDAY, NOVEMBER 5 & 19
10 AM - 11 AM

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.

DROP-IN HOUR FOR YOUTH -
TUESDAYS, NOVEMBER 3, 10, 17, 24, 2:45 PM - 4 PM

Join us after school for a snack and to work on homework, play games, or make a craft. Open to all school aged children and youth. Signed permission slips are required - stop by the community center to pick one up.

EVENTS

FAMILY PAINT NIGHT WITH MS. REBECCA
WEDNESDAY, NOVEMBER 11, 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: MAPLE GLAZED ROASTED ROOT VEGETABLES
THURSDAY, NOVEMBER 19, 5 PM - 6 PM

Join Ms. Ann from Cornell Cooperative Extension to learn how to make maple glaze roasted root 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.

FAMILY GAME NIGHT
MONDAY, NOVEMBER 23, 5 PM - 7 PM

Join the LBCC team for a night of family fun! Pizza will be provided.

THANK YOU TO OUR SPONSORS:

UNITED WAY Broome County

TSB Foundation

AVANGRID Foundation



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


SAVE THE DATE!
STIC's
5TH ANNUAL HOLIDAY CRAFT FAIR
Benefiting people with disabilities
11/7/26 ~ 10AM TO 3PM
LOCAL VENDORS
BASKET RAFFLES
50/50
DELICIOUS FOOD AND REFRESHMENTS

Upcoming Local Events and Family Activities

Kids eat free with any adult burger or entree at Red Robin on the Vestal Parkway!
Rock painting and special appearances by Red himself from 5 - 8 pm!
Wednesdays: 10/14, 10/21, 10/28, 11/4
📅November 4, 2026 – 🕑 5:00-8:00 PM – 📍Red Robin 2545 Vestal Pkwy East Vestal, NY 13850

Promoted By: George F Johnson Memorial Library
George F. Johnson Memorial Library, Book Sale Room
📅November 6, 20266 – 🕑 10:00 AM-4:00 PM – 📍1001 Park Street Endicott, NY 13760
November 14, 2026 10:00 AM-2:00 PM
November 20, 2026 10:00AM-4:00 PM

📅November 18, 2026 4:00 pm - 7:00 pm EST and November 20, 2026 10 AM-2:00PM
Promoted By: Friends of BCPL
185 Court St, Binghamton, NY 13901, USA
Join us for the Book Sale - $5 Bag Sale, an open event for everyone! Bring your own reusable shopping bag and fill it with any books or media for just $5. If you don't think you can fill a bag, no worries! We have regular prices available until you reach the $5 limit: hardcover books at $1 each, paperback books at $0.50 each, children's hardcover books at $0.50, children's paperback books at $0.25, and all other media (including puzzles, DVDs, CDs, and audiobooks) at $1 each. Come and discover great deals on Day 1 of the November Bag Sale!



November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **Teen Craft & Chat** 6:00-7:30pm	3 **Family Game Night** 5:00-6:00pm	4 **Sit & Stitch** 5:00-6:00pm	5 **Wonder Works** 3:30-5:00pm	6	7 **Therapy Dogs** 10:00am-12:00pm
9 **Teen Craft & Chat** 6:00-7:30pm	10 **Family Game Night** 5:00-6:00pm	11 Closed Happy Veteran's Day!	12 **Baby Play Time** 10:00-11:00am **Family Makerspace** 6:00-7:00pm	13 **Tween Craft & Chat** 3:30-4:30pm	14 **LEGO Club** 9:00am-1:00pm **Family Game Day** 2:00-4:00pm
16 **Teen Craft & Chat** 6:00-7:30pm	17 **Family Game Night** 5:00-6:00pm **Pajama Story Time** 6:30-7:15pm	18 **Toddler Storytime** 10:00-11:00am **Sit & Stitch** 5:00-6:00pm	19 **Baby Story Time** 10:00-11:00am **Crafty Kids** 3:30-5:30pm	20 **PBS Kids Screening** 10:00-11:00am **Tween Craft & Chat** 3:30-4:30pm	21 **Therapy Dogs** 10:00am-12:00pm **Teen D&D*** 91:00am-4:00pm
23 **Teen Craft & Chat** 6:00-7:30pm	24 **Family Game Night** 5:00-6:00pm **Pajama Story Time** 6:30-7:15pm	25 **Toddler Storytime** 10:00-11:00am **Family Movie Day** 2:00-4:00PM Library Closes at 5:00pm	26 Closed Happy Thanksgiving!	27 Closed	28 **LEGO Club** 9:00am-1:00pm **Mr. Mike's Art Class** 10:00-11:00am
30 **Teen Craft & Chat** 6:00-7:30pm					

kids broome county public library
185 COURT STREET, BINGHAMTON, NY 13901
607-778-6400 | BCPLYOUTHSERVICES@GMAIL.COM

Food Assistance Resources



Looking for help with groceries or meals? Check out these local options included in this packet!

For the details, see page 13

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. Please call the Youth Services Department for details.

LEGO Club

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

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.fais 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 though-provoking hands-on n activities!

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 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.

Wonder Works

Children and caregivers will explore the hidden world Inside everyday devices while building, andcving fun together.Nu-prov experience is needdd, just a willingres to› explore and leagothe. Space is limited and registration is required.



Youth Services Department (607) 778-6456
BCPLyouthservices@gmail.com
www.brookfieldlibrary.org

https://www.facebook.com/bcpubliclibrary







SATURDAY MARKET

BROOME COUNTY REGIONAL FARMERS MARKET

9 AM - 1 PM

840 UPPER FRONT STREET, BINGHAMTON NY









Veteran's Day
November 11th

Veterans Day is a U.S. federal holiday celebrated every November 11 to honor all men and women who have served in the United States Armed Forces, both living and deceased.

What can you do as a parent?

- Talk about people you may know that are veterans
- Highlight the importance of service and gratitude.
- Show that through simple actions and story telling is a great way to honor veterans.

Things to do with your kids:

- Have children draw pictures and write cards for veterans
- Thank a veteran for their service
- Attend a veteran's day parade together as a family

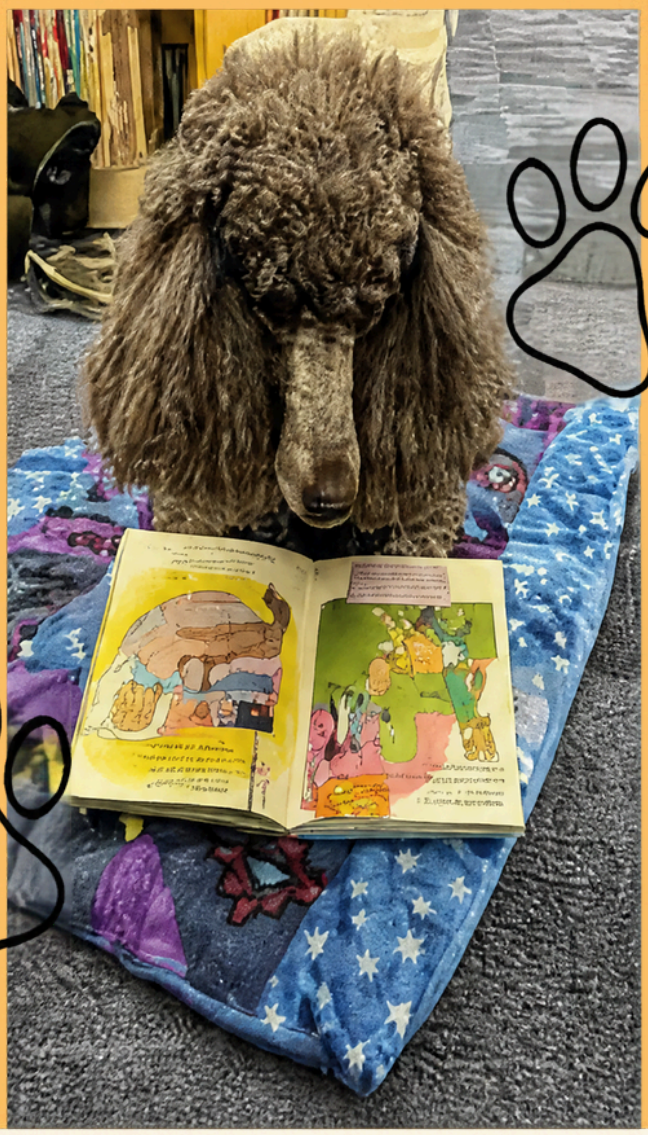


Do you love anime? Or have you always wanted to see what it's all about? Stop by after school every Thursday starting in October to watch anime and eat delicious themed snacks in the Teen Room! Registration is not required; for teens in grades 6-12.

November 5th,12th,and 19th, 2026

GEORGE F. JOHNSON MEMORIAL LIBRARY

READ TO THE THERAPY DOGS!



Reading to our specially trained dogs will help boost kids' reading skills and confidence in addition to helping with social and emotional skills. *No registration is required.*

- October 3
- October 17
- October 31
- November 14
- December 12

Food Resources for Broome County Residents				
CHOW	26 pantries throughout the county	12 timesper year4 weeks between referrals	Dial2-1-1 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 Saturdayofmonth 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 Servesonlyzip13744,13745, 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 De-posit 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/W ed/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 (Userear 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 Proof of address and ID for household members	1st & 3rd Tue 10 AM - Noon & 4:30 - 6:30 PM	693-1228 693-2831
St. Joseph Church	659 State Rt 7B Sanitaria Springs		Call ahead	648-8341 ***callahead***
Whitney Point & Lisle Pantries				
Whitney Point Community Pantry	St. Patrick's 59Keibel Rd Whitney Point	Whitney Point/Lisle resident may be served 1X/month with proofof residence	Call ahead Mon - Thu &Sat 10 AM - Noon	692-3911 692-2321
Windsor Pantries				
Bread of Life Pantry Windsor Bible Baptist	155 ChapelSt 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 IDfor all	Tue/Thu/Sat 10 AM - Noon Wed 4 - 6 PM	217-8839

Budget Stretchers		
Binghamton Farm Share	Offers a season-long agreementwithalocalfarmer who provides a "share" ofvegetableseachweek. Convenient pick-up pointsinBinghamton.Share size and price range from$15-$32perweek.Binghamton residents.	238-3522
BC Office for Aging	Senior Center mealsandFarmersMarket Coupons for seniors.	778-2411
CHOWbus	Mobile Chow Bus duringgrowingseason(July15th through October 31st)withsitestopsinJohnson City, Whitney Point,Lisle,Endicott,andBing. Cash, credit or EBT Lowcost/Nocost.	759-8772
Food Coop	Binghamton University-BasementStudentUnion Rm30	10AM-4PMMon-Fri
Mobile Food Pantry	Food Bank of the SouthernTiervisitsvarioussites in Broome Countymonthlytodeliverfreshproduce, dairy products,andotherfoodandgrocery products directly todistributionsites.Allwelcome.	Visitwebsitewww.foodbankst.org orcall2-1-1forschedule
SNAP (Supplemental Nutritional Assistance Program)	Governmentalsubsidyforfoodthrough SocialServices. Family EnrichmentNetworkoffersassistanceto find out eligibility.	778-3772or1-800-342-3009 723-8313ext 827
WIC (Women, Infants & Children)	Government foodsubsidyandFarmersMarket coupons for pregnantwomen,childrenbirth-5yrs based on "nutritionalrisk"andincome.	778-2881
Susquehanna River Region 2-1-1 Get Connected. Get Answers.	www.helpme211.org Dial: 2-1-1 or 1-800-901-2180	10/30/15

FAMILY EVENT: FALL INTO SCIENCE!

NOVEMBER 14

10:00-12:00

at the George F. Johnson Memorial Library

Join us for an exciting hands-on STEM event where curiosity comes to life. Families will explore the science of invisible ink, create birdhouses to help feed local birds, and discover the surprising power hidden inside everyday vegetables. Come ready to experiment, create, and have fun while exploring the wonders of science together! No registration is required.

Hosted by Binghamton University in collaboration with George F. Johnson Memorial Library.

GEORGE F. JOHNSON MEMORIAL LIBRARY
1001 Park Street | Endicott, NY 13760
(607) 757-5350 | www.gfjlibrary.org

Fun Facts: Native American Heritage Month

The Start of Native American Heritage Month

The first American Indian Day was celebrated in May 1916 in New York. Red Fox James, a member of the Blackfeet Nation, rode boesookok from state to state to get endorsements from 24 state governments to have a day to honor American Indians. In 1990, President George H. V. Bush signed a joint congressional resolution designating November 1990 as "National American Indian **Heritage Month."** Similar proclamations have been issued every year since 1994, and we now refer to this celebration as "Native American Heritage Month."

Total Population of AIAN Origin

2.2% or 7 million - The number of American Indian and Alaska Natives in 2020 in the United States. In 2025, There million live among the highest percentage of American Indian and Alaska Native residents:

22.5%
Alaska



17.4%
Oklahoma



What's the Age?

33- Median age of the American Indian and Alaska Native population in 2025.

AIAN-Owned Businesses

0.92% or 55.118 businesses were owned by American Indian and Alaska Natives.
(Information represents employer businesses...).

Alaska boieobonicad loofan aarr
Alaska Native-owned businesses were:



- Construction - 10,303

Professional, scientific, and technical services - 6,816
(Includes architecture, engineering and related services)

Healthcare and social assistance - 5,021
(Includes child care services, social alterc)



Accommodation and food services - 5,294

Largest Tribal Groupings



575 - The number of federally recognized Indian tribes in 2024.

3 largest American Indian tribal groupings*

- Navajo - 388,159
- Mexican American Indian - 313,771

* Cherokee - 232,990

3 largest Alaska Native tribal groupings*

* Yup'ik - 36,401

* Inupiat - 28,444

Aleutian/AnAleutian - 14,879

"Federally recognized tribes excludes state-funded American Indian and Alaska Native tribes, which are recognized by 37 state, American Sanoa, and the Commowaiti of the Northern Alaska Islands governing "State 2024: American Community Survey | Year Estimates."

Educational Attainment

Of American Indians and Alaska Natives 25 years and over, approximately...



16% have less than a high school diploma

28% are high school graduate (includes equivalence)

13% have some college or an associate's degree

15% have a bachelor's degree



9% have a graduate or professional degree

Source: U.S. Census Bureau, 2016 American Community Survey; Year Estimates, 2020 American Community Survey
Source: "AIAN Data 2025: Population Estimates: January 2025" (AIANPE), U.S. Department Community Survey (ACS) | Year Estimates, 2019 SAPE ACS.
Source: "AIAN-Owned Businesses" Includes, 5 Year Estimates; 2024 Annual Business Survey.

United States* Census Bureau

CENSUS.GOV/SCHOOLS

STATISTICS IN SCHOOLS
Caucasian-Owned by Lamas Data



***$25 per car each visit ($60 for a season pass)**

Thanksgiving Day

November 26, 2026

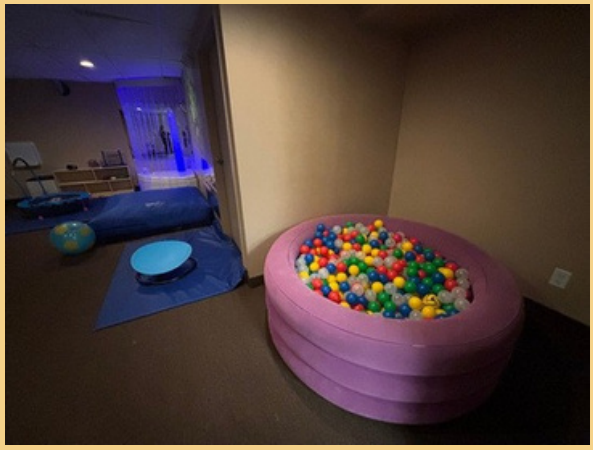
Thanksgiving is a fun-filled holiday celebrated on the fourth Thursday of November. It began as a three-day harvest feast in 1621 where about 50 Pilgrims and 90 Wampanoag people shared food and games. Today, families gather to eat turkey, watch parades, and share what they are thankful for.

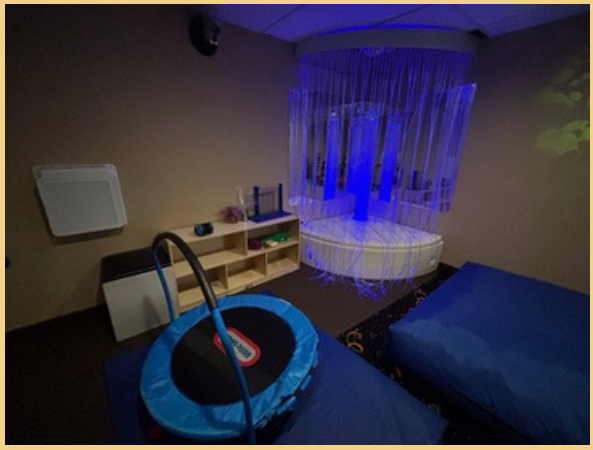
What can you do as a parent?

- Talk about what you are thankful for.
- Highlight the importance spending time together as a family.
- Show that you value quality time.

Things to do with your kids:

- Go around the table before or during the meal to share personal reflections
- Gather your friends for a potluck or themed meal before or on the holiday.
- Bundle up and take a refreshing walk around local neighborhood trails or parks.









FALL IN THE SENSORY ROOM!

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