Tioga Opportunities, Inc.

Countryside Community Center
November 2021 Menu

9 Sheldon Guile Blvd. Owego, New York 13827
607-687-4120

Lunch is served Monday through Friday from 11:30AM to 12:30PM.
Suggested contribution is $4.00 for age 60 and over and $6.00 for ages under 60.
Contributions may be made in the form of cash, check, SNAP, or credit/debit card.

Monday	Tuesday	Wednesday	Thursday	Friday
1 **CLOSED** **Staff Training Day**	2 Meatloaf Baked Potato Asparagus Pineapple	3 Chicken & Biscuits Mashed Potatoes Brussel Sprouts Cherry Yogurt	4 Pot Roast Red Potatoes Baby Carrots Pumpkin Bread	5 Shrimp Scampi Broccoli Tropical Fruit
8 Lemon Garlic Chicken Barley Pilaf Brussel Spouts Chocolate Pudding	9 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt	10 Hot Turkey Sandwich Mashed Potatoes Green Beans Pumpkin Bread	11 **CLOSED** **Veterans Day Holiday**	12 Tuna Noodle Casserole Peas Orange
15 Macaroni & Cheese Stewed Tomatoes Greek Yogurt	16 Ravioli Florentine Mixed Vegetables Ricotta Mousse	17 Beef Stew Corn Bread Rainbow Jello	18 ***Thanksgiving Luncheon*** **Reservations Required** Roasted Turkey Mashed Potatoes Green Bean Casserole Pumpkin Pie	19 Parmesan Chicken Orzo Asparagus Fresh Pear
22 Fish Sandwich Red Potatoes Cole Slaw Tropical Fruit	23 Stuffed Shells Vegetables Apple Cranberry Crisp	24 Chicken a la King Broccoli Ambrosia Salad	25 **CLOSED** **Thanksgiving Holiday**	26 **CLOSED** **Thanksgiving Holiday**
29 Spaghetti & Meatballs Green Beans Mandarin Oranges	30 Pulled Pork Sandwich Red Potatoes Mixed Vegetables Applesauce			**Bread and milk served with hot meals.** **Menu subject to change without notice.**

COVID-19 BOOSTER SHOTS

Who is Eligible for a COVID-19 Booster Shot?

Those who received **Pfizer** or **Moderna** who are in one of the following groups:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

Vaccine series must have been completed at least 6 months ago

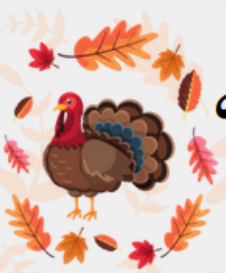
Anyone 18 and older who received **Johnson & Johnson**

First dose must have been administered at least 2 months ago

To get your COVID-19 Booster Shot please contact your pharmacy or visit https://www.vaccines.gov/ to find additional COVID-19 Vaccination Locations!

Eligible individuals may choose which vaccine they receive as a booster dose. All three of the COVID-19 vaccines continue to be highly effective in reducing risk of severe disease, hospitalization, and death. Vaccination remains the best way to protect yourself and reduce the spread of the virus.

Public Health
Prevent. Promote. Protect.
Tioga County



Thanksgiving LUNCHEON

Join us for a festive meal including
Roasted Turkey with Gravy, Mashed Potatoes,
Stuffing, Green Bean Casserole
and Pumpkin Pie

Thursday, November 18th
serving at 11:30AM

Countryside Community Center
9 Sheldon Guile Blvd., Owego

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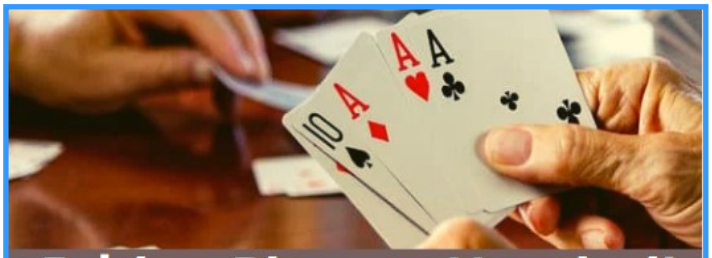
Reservations are required.
Call Sue at 687-4120 ext. 320 to make your reservation by Friday, November 12th.



Bridge Players Needed!

Join us for Bridge at the Countryside Community Center Thursday's from 12:30pm to 4:30pm.

For more information call us at 607-687-4120 ext. 315

Join us for Community Center Activities and Crafts!

Monday's	*9AM– Noon*	*Ceramics*
Tuesday's	*9AM-Noon*	*Painting*
Wednesday's	*10AM-11AM*	*Chair Yoga*
	1PM-4PM	*Canasta & Cards*
Thursday's	*12:30PM-4:30PM*	*Bridge*
Friday's	*1PM-3PM*	*Knitting*

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Call 687-4120 ext. 315 for more information

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http:// Visit Our Website www.tiogaopp.org

CDPHP® salutes **Tioga Opportunities Department of Aging**.

We applaud your accomplishments and dedication to our community.

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