



Countryside Community Center January 2022 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 \$5.00 for age 60 and over and a fee of \$7.00 for ages under 60.

Contributions may be made in the form of cash, check, or credit/debit card.

Monday	Tuesday	Wednesday	Thursday	Friday
Bread and milk served with hot meals.	Menu subject to change without notice			
3 CLOSED New Year's Day	4 Tuna Noodle Casserole Peas & Carrots Tropical Fruit	5 Herb Roasted Chicken Barley Mixed Vegetables Cherry Yogurt Parfait	6 Chicken Sausage Onions & Peppers Roasted Red Potatoes Broccoli Cranberry Orange Muffin	7 Stuffed Shells Spinach Mandarin Oranges
10 Hot Turkey Sandwich Mashed Potatoes Carrots Tapioca Pudding	11 Stuffed Peppers Cheesy Pinto Beans Mixed Vegetables Greek Yogurt	12 Chicken & Biscuits Mashed Potatoes Green Beans Gingerbread	13 Swedish Meatballs Egg Noodles Mixed Vegetables Ambrosia Salad	14 Turkey Burgers Sweet Potato Asparagus Fruit Cocktail
17 CLOSED Martin Luther King Day	18 Meatloaf Baked Potato Broccoli Peaches	19 Macaroni & Cheese Stewed Tomatoes Fresh Pear	20 Parmesan Crusted Chicken Orzo Green Beans Pound Cake with Cherries	21 Sloppy Joe Sandwich Roasted Red Potatoes Asparagus Rainbow Gelatin Salad
24 Garden Chili Baked Potato Tropical Fruit	25 CLOSED Staff Training	26 Roasted Pork Loin Mashed Potatoes Cabbage & Carrots Apple Crisp	27 Spaghetti & Meatballs Cauliflower Fresh Orange	28 Fish Sandwich Mashed Potatoes Cole Slaw Blueberry Oatmeal Muffin
31 Pork Vegetable Stir-Fry Brown Rice Tropical Fruit				



IMPORTANT NOTICE

Due to the rising costs of food and supplies, Tioga Opportunities, Inc. will increase suggested contributions for both Home Delivered Meals (HDM) and Congregate Dining as of 1/1/22.

The suggested contribution for Congregate Dining will increase to \$5.00 for those 60+. The fee for those under age 60 will be \$7.00.

For HDM, the suggested contribution will increase to \$3.50 for a cold dinner and \$4.00 for a hot/frozen meal.

As always, no one will be denied the service due to the inability or unwillingness to contribute.

Thank you for your continued support and understanding.

Countryside Community Center Activities Schedule

Are you looking for a way to stay active and meet new people? Join us at the CCC for our weekly activities!

Mondays

9AM- Noon Ceramics

Tuesdays

9AM-Noon Painting

Wednesdays

10AM-11AM Chair Yoga
1PM-4PM Canasta & Cards

Thursdays

12:30PM-4:30PM Bridge

Fridays

9AM-1PM Quilting
1PM-3PM Knitting

9 Sheldon Guile Blvd., Owego
607-687-4120 ext. 315



Did you know you can schedule an appointment to get your flu shot at TOI's Family Planning Clinic?

Call 607-687-5333 to make your appointment today! Walk-in's are welcome!



Flu vaccines are available for those aged 19 & older. Please wear a mask & bring your insurance card.



Tioga Opportunities, Inc. Family Planning Clinic
110 Central Ave., Owego, NY 13827

Hours: Monday: 11am-7pm Tuesday-Friday 9am-5pm

Tioga Opportunities, Inc. offers Elder Law Clinic

Would you like free guidance from a local attorney about your legal needs?

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Friday, February 11th from 9:30 AM to 12:30 PM. Appointments will be offered both onsite and via telephone. Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns.

To schedule an appointment, please call 607-687-4120, ext. 315 by 4:00 PM on February 4th. Appointments are limited, so please call today!

CDPHP® salutes Tioga Opportunities Department of Aging.

We applaud your accomplishments and dedication to our community.

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