



Countryside Community Center March 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 \$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	1 Herb Chicken Barley Pilaf Broccoli Gelatin Salad	2 Garden Chili Baked Potato Fruit Yogurt	3 CLOSED FOR STAFF TRAINING	4 Beef Stroganoff Egg Noodles Green Beans Pear
7 Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Tapioca Pudding	8 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt	9 Chicken Caprese Whole Wheat Pasta Green Beans Ricotta Mousse	10 Swedish Meatballs Egg Noodles Brussel Sprouts Mandarin Oranges	11 Ravioli Florentine Cauliflower Citrus Salad
14 Pork Stir Fry Brown Rice Applesauce	15 Swedish Meatballs Egg Noodles Brussel Sprouts Peaches	16 Macaroni & Cheese Stewed Tomatoes Muffin	17 Parmesan Chicken Orzo Broccoli Pudding	18 Fish Sandwich Perogies Cole Slaw Pear
21 Garden Chili Baked Potato Apricots	22 Swiss Mushroom Burger Roasted Potatoes Fruit Cup	23 Roasted Pork Mashed Potatoes Cabbage & Carrots Ambrosia Salad	24 Meatloaf Mashed Potatoes Green Beans Fruit	25 Chicken Sandwich Baked Beans Pudding
28 Hungarian Goulash Asparagus Tropical Fruit	29 Lemon Garlic Chicken Baked Potato Carrots Gingerbread	30 Shepherd's Pie Broccoli Fruit Salad	31 Spaghetti & Meatballs Spinach Grapes	

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 1PM-4PM	Chair Yoga Canasta & Cards
Thursdays	12:30PM-4:30PM	Bridge
Fridays	9AM-1PM 1PM-3PM	Quilting Knitting

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



Just Say *Yes* to Fruits and Vegetables

Nutritional Cooking Class

Every 3rd Thursday of the month!

Upcoming Dates:

Thursday, March 17th &

Thursday, April 21st

All attendees receive a free cooking tool!

Countryside Community Center
9 Sheldon Guile Blvd., Owego

Call 607-687-4120 to sign up today!

foodbank
of the Southern Tier



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

We applaud your accomplishments
and dedication to our community.

www.cdphp.com/medicare



A plan for life.

Capital District Physicians' Health Plan, Inc.

Agency Spotlight: Community Connections Medicare 101, All About STIC, and NY Connects

Do you have questions about Medicare? Are you in need of supports to help you live independently? Are you having difficulty connecting with or finding local resources and services?

Tioga Opportunities, Inc. is proud to host Agency Spotlight: Community Connections. Tioga Opportunities, Inc. and the Southern Tier Independence Center (STIC) will present information on a variety of resources and services related to Medicare Insurance Counseling, NY Connects, and STIC.

This free presentation will be offered both virtually and in-person on March 31st at 10:00AM at Tioga Opportunities, Inc.'s Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

This will be a great opportunity to make a connection and learn more about a wide variety of services and resources.



**Bringing Fun Live
Virtual Classes
To Older Adults**

Check out **GetSetUp!** <https://www.getsetup.io/>

If you would like to learn more about **GetSetUp**, feel free to call (607) 687-4120.



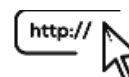
Tioga Opportunities, Inc.

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