



Countryside Community Center April 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
Hot meals served with milk and bread. Menu subject to change without notice.				1 Herb Crusted Cod Sweet Potato Fries Green Beans
4 Herb Crusted Chicken Mashed Potatoes Broccoli Peaches	5 Spanish Rice Zucchini Rainbow Gelatin	6 Sloppy Joe Roasted Potatoes Mixed Vegetables Yogurt Parfait	7 Roasted Turkey Mashed Potatoes Baby Carrots Pear	8 Tuna Noodle Casserole Peas & Carrots Grapes
11 Macaroni & Cheese Stewed Tomatoes Pudding	12 Cabbage Rolls Mashed Potatoes Mixed Vegetables Yogurt	13 Salisbury Steak Mashed Potatoes Brussel Sprouts Ricotta Mousse	14 Parmesan Crusted Chicken Orzo Green Beans Oranges	15 Mediterranean Rotini Cauliflower Fruit Salad
18 Stuffed Shells Italian Vegetables Pineapple	19 Pulled Pork Sandwich Egg Noodles Spinach	20 Beef & Lentil Stew Asparagus Muffin	21 Turkey Meatloaf Sweet Potato Broccoli Yogurt	22 Chicken Sausage Peppers & Onions Perogies Brussel Sprouts
25 Greek Cannellini with Vegetables Apricots	26 Spaghetti & Meatballs Spinach Fruit	27 Tuscan Chicken Pasta Mixed Vegetables Fruit Salad	28 Cheesesteak Sandwich Baked Beans Green Beans Tropical Fruit	29 Pork Teriyaki Brown Rice Asian Vegetables Pudding

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, April 21st

Thursday, May 19th

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



Have you thought about a Will, Power of Attorney, or Health Care Proxy?

Since 2008, "National Healthcare Decisions Day" (NHDD) has been recognized each April to "inspire, educate, and empower the public and providers about the importance of advance care planning." Modern medicine can do amazing things, but can also require very difficult decisions. Advanced care planning allows you to make your wishes for your medical care and end of life procedures known.

Tioga Opportunities, Inc. will welcome Greg Catarella from the Law Office of Greg S. Catarella on Friday, April 29th from 9:30AM to 11:30AM at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Greg will be presenting important information on essential documents including Wills, Living Wills, Powers of Attorney, Health Care Proxies, and Do-Not-Resuscitate Orders.

The program is open to the public, but registration is required. To attend this event, please call 607-687-4120 ext. 315 to reserve your seat!



**NATIONAL HEALTHCARE
DECISIONS DAY**
★ your decisions matter ★

Tioga Opportunities, Inc. offers a presentation on the Basics of Medicaid

Join Tioga Opportunities, Inc. to learn more about the basics of Medicaid and the five-year look back!

Karen J. McMullen from Levene, Gouldin & Thompson, LLP will be at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego, April 5th at 9:30AM.

This will be a great opportunity to ask questions! Registration is required. Please call 607-687-4120, ext. 315 to reserve your seat today!



Tioga Opportunities, Inc.

9 Sheldon Guile Blvd., Owego, NY 13827

607-687-4120

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.



Like & Follow Us

@TiogaOpportunities



Visit Our Website

www.tiogaopp.org