



**Tioga Opportunities, Inc.**

# Countryside Community Center May 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
2 Turkey Chili Brown Rice Zucchini Peaches	3 Pulled Pork Sandwich Baked Beans Broccoli Rainbow Gelatin Salad	4 Pesto Chicken Barley Mixed Vegetables Mango Yogurt Parfait	5 Meatball Sub Sweet Potato & Roasted Root Vegetables Green Beans Grapes	6 Beef & Lentil Stew Mashed Potatoes Cauliflower Cottage Cheese & Oranges
9 Turkey Tetrazzini Stewed Tomatoes Tapioca Pudding	10 Stuffed Peppers Mashed Potatoes Mixed Vegetables Blueberry Oat Muffin	11 Philly Cheesesteak Sandwich Roasted Sweet Potatoes Brussel Sprouts Fresh Orange	12 Chicken Florentine Orzo Italian Blend Vegetables Ricotta Mousse	13 Macaroni & Cheese Stewed Tomatoes Citrus Salad
16 Sweet & Sour Pork Brown Rice Broccoli Pineapple	17 Spaghetti & Meatballs Spinach Peaches	18 Lemon Garlic Chicken Baked Potato Asparagus Gingerbread	19 Salisbury Steak Mashed Potatoes Baby Carrots Cherry Vanilla Yogurt	20 <b>CLOSED</b> <b>VOLUNTEER</b> <b>APPRECIATION</b> <b>EVENT</b>
23 Ravioli Florentine Mixed Vegetables Apricots	24 Swiss Mushroom Turkey Burger Baked Beans French Cut Green Beans Fruit Mix	25 Rigatoni with Chicken Sausage Spinach Ambrosia Salad	26 Chicken Marsala Brown & Wild Rice Italian Blend Tropical Fruit	27 Herb Crusted Cod Barley Pilaf Peas & Carrots Vanilla Pudding with Bananas & Vanilla Wafers
30 <b>CLOSED</b> <b>MEMORIAL DAY</b>	31 Swedish Meatballs Gravy Egg Noodles Brussel Sprouts Tropical Fruit		<b>Bread and milk served with hot meals.</b>	<b>Menu subject to change without notice</b>

# Make Giving Back Your Second Act.



## 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!

<b>Mondays</b>	9AM–Noon	Ceramics
<b>Tuesdays</b>	9AM–Noon	Oil Painting
	1PM–4PM	Acrylic & Watercolor
<b>Wednesdays</b>	10AM–11AM	Chair Yoga
	1PM–4PM	Cards & Games
<b>Thursdays</b>	12:30PM–4:30PM	Bridge
<b>Fridays</b>	9AM–1PM	Quilting
	1PM–3PM	Knitting

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

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

We applaud your accomplishments and dedication to our community.

[www.cdphp.com/medicare](http://www.cdphp.com/medicare)



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

## Community Presentation Calendar:

*All presentations will be held at the Countryside Community Center, 9 Sheldon Guile Blvd. Owego unless otherwise noted.*

*Registration is required. Please call 607-687-4120 to save your seat.*

### MAY 2022

Monday, May 16<sup>th</sup> 10:00AM – Veterans' Services—An overview of services available to local veterans presented by Mike Middaugh.

Wednesday, May 25<sup>th</sup> 5:00PM– 7:00PM Game Night! Join us for music, light refreshments, and games!

Thursday, May 26<sup>th</sup> 10:00AM Nutrition and Gardening. Learn more about gardening from a Master Gardener and nutrition from TOI's Registered Dietician, Rachel Mischler.

Friday, May 27<sup>th</sup> 10:00AM Digital Fraud – Learn more about why fraudsters target older adults, phishing, foreign lotteries, post-disaster fraud, Social Security fraud, online buying, and how to verify donations are legitimate! Presented by Tioga State Bank.

Tuesday, May 31<sup>st</sup> 10:00AM Understanding and Responding to Dementia Related Behavior. Presented by the Alzheimer's Association.

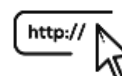
Tuesday, May 31<sup>st</sup> 1:00 PM Understanding and Responding to Dementia Related Behavior. Presented by the Alzheimer's Association at the Waverly Historical Society, 437 Chemung St, Waverly.



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