



Tioga Opportunities, Inc.

Countryside Community Center July 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 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.				1 Beef Tips over Brown Rice Green Beans Chef's Choice Dessert
4 CLOSED Independence Day Holiday	5 Stuffed Peppers Mashed Potatoes Chef's Choice Vegetable Chef's Choice Dessert	6 Swedish Meatballs Egg Noodles Green Beans Strawberry Muffin	7 Macaroni & Cheese Stewed Tomatoes Fresh Pear	8 Chicken Philly Cheesesteak Roasted Red Potatoes Mixed Vegetables Rainbow Gelatin Salad
11 Greek Style Cannellini with Vegetables Orzo Greek Yogurt	12 Ravioli Florentine Cauliflower Chef's Choice Dessert	13 Pesto Chicken with Barley Italian Blend Vegetables Cantaloupe	14 Roasted Turkey Mashed Potatoes & Gravy Carrots Sponge Cake with Peaches	15 Pulled Pork Sandwich Sweet Potato Fries Mixed Vegetables Strawberries
18 Chicken Ratatouille Bow Tie Pasta Tapioca Pudding	19 Swiss Mushroom Cheeseburger Baked Beans Yellow Squash Chef's Choice Dessert	20 Breakfast for Lunch French Toast with Fresh Berries Quinoa with Spinach Hash	21 Spaghetti & Meatballs Brussels Sprouts Citrus Salad	22 Chicken Stir Fry Brown Rice Watermelon & Blueberries
25 Roast Beef Couscous Zucchini Apricots	26 Chicken Sausage with Peppers & Onions Perogies Spinach Fruit Mix	27 Vegetable Lasagna Chef's Choice Vegetable Chef's Choice Dessert	28 Pot Roast with Gravy Potatoes Rosemary Roasted Carrots Oatmeal Raisin Cookie	29 Beef Stroganoff Egg Noodles Broccoli Ambrosia Salad



Countryside Community Center Activities

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

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

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

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 reserve your seat.

July 2022

July 8th— July 29th, 9:30AM – 11:00AM: Financial Independence Presentations every Friday at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

July 8th – July 29th, 1:30PM – 3:00PM: Financial Independence Presentations every Friday at the Waverly Historical Society, 435 Chemung St., Waverly

July 15th, 11:30AM – 12:30PM: Senior Social Hour – Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer for good company and delicious food

August 2022

August 4th, 10:00AM: Consumer Fraud and Identity Theft with Michael Danaher at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 11th, 10:00AM: Fire Safety with the Campville Fire Department at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 12th, 1:00PM – 3:00PM: BINGO! at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 17th, 1:00PM – 4:00PM: Family Game Day! Let's enjoy some music, light refreshments, and games like Yahtzee, Scrabble, Dominoes, and Trivia Pursuit

August 19th, 11:30AM – 12:30PM: Senior Social Hour – Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer for good company and delicious food

August 23rd, 10:00AM – 11:00AM: 10 Warning Signs of Alzheimer's at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego

August 23rd, 1:00PM – 2:00PM: 10 Warning Signs of Alzheimer's at the Waverly Historical Society, 435 Chemung St., Waverly



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Tioga Opportunities, Inc. visit www.tiogaopp.org

CDPHP® salutes Tioga Opportunities Department of Aging.

We applaud your accomplishments and dedication to our community.

www.cdphp.com/medicare



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