



**Tioga Opportunities, Inc.**

# Countryside Community Center August 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
1 Sweet & Sour Pork Brown Rice Broccoli Pineapple	2 Stuffed Shells Cauliflower Chef's Choice Dessert	3 Summer Vegetable Frittata Roasted Potatoes Beets Blueberry Oat Muffin	4 Chicken Cacciatore Whole Wheat Penne Mixed Vegetables Mandarin Oranges	5 Herb Crusted Cod Rice Pilaf French Cut Green Beans Grapes
8 Philly Cheesesteak Sandwich Roasted Red Potatoes Mixed Vegetables Chef's Choice Dessert	9 Cabbage Rolls Cauliflower Greek Yogurt	10 Baked Fish Scandia Barley Pilaf Mixed Vegetables Ricotta Mousse	11 Pulled Pork Sandwich Perogies Spinach Fresh Peach	12 Caribbean Chicken Cold Plate Salad Greens Fresh Fruit
15 Garden Chili Baked Potato Tropical Fruit	16 Chicken Sausage Quinoa & Rice Roasted Vegetables Chef's Choice Dessert	17 Turkey a la King Brown Rice Brussels Sprouts Citrus Salad	18 Swiss Steak Mashed Potatoes Mixed Vegetables Apple Crisp	19 Macaroni & Cheese Stewed Tomatoes Fresh Peach
22 Marinated Chicken Baked Potato Zucchini Apricots	23 Salmon Burger Brown & Wild Rice Spinach Fruit Mix	24 Meatloaf Mashed Potatoes Baby Carrots Rainbow Gelatin Salad	25 Roasted Pork with Sauerkraut Boiled Red Potatoes Mixed Vegetables Oatmeal Raisin Cookie	26 <b>CLOSED</b> <b>STAFF TRAINING</b>
29 Ham & Potatoes Au Gratin Yellow Squash Fruit Salad	30 Swiss Mushroom Cheeseburger Baked Beans Green Beans Chef's Choice Dessert	31 Chicken Florentine with Pasta Mixed Vegetables Chocolate Pudding with Raspberries	<b>Hot meals served with milk, juice, and bread.</b>	<b>Menu subject to change without notice.</b>



## Countryside Community Center Activities

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

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

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.

### August 2022

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

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

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

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

Thursday, August 18th, 10:00AM – 11:00AM: "Exploring Summer Vegetarian Dishes" Come and experience new flavors and creative combinations.

Friday, 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.

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

Tuesday, 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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For more information and applications contact:  
Tioga Opportunities, Inc.,  
607-687-0707 or TDD: 607-687-5905  
www.tiogaopp.org



## 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.



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Owego, NY 13827  
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http:// Visit Our Website  
[www.tiogaopp.org](http://www.tiogaopp.org)

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