



Tioga Opportunities, Inc.

Countryside Community Center September 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
Hot meals served with milk, juice, and bread.	Menu subject to change without notice.		1 Turkey Tetrizzini Spinach Cookie	2 Meatball Sub Sweet Potato Fries Zucchini Peaches
5 CLOSED LABOR DAY	6 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt	7 Marinated Chicken Potato Salad Broccoli Gingerbread	8 Spaghetti & Meatballs Mixed Vegetables Mandarin Oranges	9 Fish Almondine Rice Pilaf Green Beans Grapes
12 Beef & Lentil Stew Cucumber Salad Spiced Pears	13 Turkey Burger with Swiss & Mushroom Baked Beans Cauliflower Greek Yogurt	14 Breakfast for Lunch: French Toast Pudding Turkey Sausage Breakfast Potatoes Fresh Fruit	15 Pork Chop Baked Potato Roasted Vegetables Pears	16 <i>Soup & Sandwich</i> Chicken Noodle Soup Grilled Cheese with Tomato Sandwich Apple Crisp
19 Chicken Cacciatore Brown & Wild Rice Mixed Vegetables Tropical Fruit	20 Macaroni & Cheese Stewed Tomatoes Chef's Choice Dessert	21 Pesto Chicken Barley Chef's Choice Vegetables Citrus Salad	22 Meatloaf Baked Potatoes Zucchini & Yellow Squash Ambrosia Salad	23 Herb Crusted Fish Butternut Squash Brussel Sprouts Pear Crumble
26 Swedish Meatballs Buttered Egg Noodles Zucchini Fruit Mix	27 Fish Sandwich Perogies Chef's Choice Vegetables Cottage Cheese with Mandarin Oranges	28 Pork Stir Fry Brown Rice Rainbow Gelatin Salad	29 Roast Beef Mashed Potatoes Baby Carrots Apple Cake	30 Pasta Primavera Spinach Chef's Choice Dessert

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.

September 2022

Tuesday, September 13th Project Lifesaver Presentation 10:00AM at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego. Project Lifesaver provides law enforcement, fire/rescue, and caregivers with a program designed to protect and, when necessary, quickly locate individuals with cognitive disorders who are prone to the life-threatening behavior of wandering.

Friday, September 16th Spencer Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Inspire S-VE Community & Fitness Center, 57 E. Tioga St., Spencer from 11:30am to 12:30pm. Enjoy good food and great company.

Monday, September 19th Planning for Incapacity: Protecting Assets from Long Term Care Expenses – Presented by Greg Catarella, Esq. Learn more about long term care and Medicaid from 9:30am-11:30am at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd, Owego.

Tuesday, September 20th Healthy Living for Your Brain and Body: Tips from the Latest Research – Presented by the Alzheimer's Association. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. We will also demonstrate how to use hands-on-tools to incorporate these recommendations into a plan for healthy aging.

- 10:00am at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego.
- 1:00pm at the Waverly Historical Society, 437 Chemung St., Waverly
- 3:30pm at Christ the King Fellowship Presbyterian Church, 75 North Main St., Spencer.

Tuesday, September 20th NY Connects Office Hours – Join Rachel Cron from Tioga Opportunities, Inc. for information and assistance. How can TOI help you? Visit Rachel to find out! September 20th 1:00pm to 3:00pm at The Red Door Café, 359 Broad St., Waverly.

Tuesday, September 27th Tioga Opportunities, Inc. Annual Health Fair – Join Tioga Opportunities, Inc. at Tioga Downs, 2384 W. River Rd., Nichols from 11:00am to 1:00pm to explore and engage with a variety of health resources in our area. Free admission. Enter to win a \$100 gift card and great door prizes.



COMMUNITY HEALTH FAIR

Tuesday, September 27th 11:00AM to 1:00PM

TIOGA DOWNS
CASINO RESORT

2384 West River Road, Nichols

Enter to win a \$100 Gift Card!

Free Admission • Door Prizes • Information & Resources

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

Bingo is Back! Join us the 2nd Friday of each month at 1pm.



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



Visit Our Website
www.tiogaopp.org



Like & Follow Us
@TiogaOpportunities

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.