



**Tioga Opportunities, Inc.**

# Countryside Community Center October 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
<p>3</p> <p>Pulled Pork Sandwich Baked Beans Spinach Harvest Fruit Blend</p>	<p>4</p> <p>Cabbage Rolls Mashed Potatoes Mixed Vegetables Greek Yogurt</p>	<p>5</p> <p>Salisbury Steak with Mushroom Gravy Egg Noodles Green Beans Peaches</p>	<p>6</p> <p>Sliced Pork Loin with Raspberry Sauce Boiled Red Potatoes Cabbage &amp; Carrots Applesauce</p>	<p>7</p> <p>Stuffed Shells Chef's Choice Vegetables Gingerbread</p>
<p>10</p> <p><b>CLOSED COLUMBUS DAY HOLIDAY</b></p>	<p>11</p> <p>Ravioli Florentine Cauliflower Greek Yogurt</p>	<p>12</p> <p>Baked Chicken Butternut Squash Au Gratin Brussel Sprouts Pears</p>	<p>13</p> <p><b>CLOSED STAFF TRAINING DAY</b></p>	<p>14</p> <p>Hot Roast Beef Sandwich Mashed Potatoes Broccoli Oatmeal Raisin Cookie</p>
<p>17</p> <p>Pot Roast Boiled Potatoes Carrots &amp; Onions Tropical Fruit</p>	<p>18</p> <p>Turkey Chili Brown Rice Zucchini Cornbread Citrus Salad</p>	<p>19</p> <p><i>Breakfast for Lunch</i> Frittata Breakfast Biscuit Fruit &amp; Yogurt Parfait</p>	<p>20</p> <p>Chicken Sausage Perogies Mixed Vegetables Rice Pudding</p>	<p>21</p> <p>Baked Fish Scandia Butternut Squash Brussel Sprouts Pumpkin Applesauce Muffin</p>
<p>24</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Fruit Mix</p>	<p>25</p> <p>Chicken Burger Sweet Potato Fries Chef's Choice Vegetables Cottage Cheese with Mandarin Oranges</p>	<p>26</p> <p>Pork Stir Fry Brown Rice Rainbow Gelatin Salad</p>	<p>27</p> <p><i>"Oktoberfest"</i> Pork Schnitzel German Potato Salad Roasted Root Vegetables German Chocolate Cake</p>	<p>28</p> <p><b>CLOSED STAFF TRAINING DAY</b></p>
<p>31</p> <p>Shepard's Pie Broccoli Pumpkin Bars</p>		<p><b>Hot meals served with milk, juice, and bread.</b></p>	<p><b>Menu subject to change without notice.</b></p>	<p>Tioga Opportunities, Inc.</p>

## 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.**

### October 2022

**Dementia Conversations - Presented by the Alzheimer's Association.** The program provides strategies to discuss obtaining a diagnosis, driving, and legal and financial matters.

- \* Tuesday, October 18th at 10:00AM at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego
- \* Tuesday, October 18th at 1:00PM at the Waverly Historical Society, 437 Chemung St., Waverly
- \* Tuesday, October 18th at 3:30PM at Christ the King Fellowship Presbyterian Church, 75 North Main St., Spencer.

**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 Friday, October 21st from 11:30 to 12:30. Enjoy good food and great company.

**Planning For Incapacity: Protecting Assets from Long Term Care Expenses – Presented by Greg Catarella, Esq.** Learn more about long term care and Medicaid. October 17th from 9:30-11:30 at the Waverly Historical Society, 437 Chemung St., Waverly.

**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! October 25th 1:00 to 3:00 at The Red Door Café, 359 Broad Street, Waverly.

### 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.

**foodbank**  
of the Southern Tier

*Just Say Yes* to Fruits and Vegetables  
**Nutritional Cooking Class!**

**Every 3rd Thursday of the month!**

**Next session:**

**Thursday, October 20th**

**10:00am-11:00am**

**Countryside Community Center  
 9 Sheldon Guile Blvd., Owego**



Call Tioga Opportunities, Inc. at  
**607-687-4120 to sign up today!**

**HALLOWEEN SPOOKTAULAR!**  
**TOI'S COUNTRYSIDE COMMUNITY CENTER  
 9 SHELDON GUILLE BLVD., OWEGO,  
 MONDAY, OCTOBER 31ST**

**Join us for a wickedly delicious meal from  
 11:30AM TO 12:30PM**

**Costume party with music & sweet treats  
 beginning at 12:30PM**

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

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



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