



Countryside Community Center March 2023 Menu

9 Sheldon Guile Blvd. Owego, New York 13827
607-687-4120

Tioga Opportunities, Inc.

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.
Gift Cards Available. Call 607-687-4120 for details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot meals served with milk and bread.</p> <p>Menu subject to change without notice.</p>		<p>1</p> <p>Chicken & Biscuits Mashed Potatoes Peas & Carrots Fruit Salad Deluxe</p>	<p>2</p> <p>Beef & Cabbage Casserole Mashed Potatoes Green Beans Rice Pudding with Orange Sections</p>	<p>3</p> <p>Macaroni & Cheese Stewed Tomatoes Chef's Choice Homemade Dessert</p>
<p>6</p> <p>Tuscan Chicken Brussel Sprouts Tropical Fruit</p>	<p>7</p> <p>Manicotti Chef's Choice Vegetable Fruit Parfait</p>	<p>8</p> <p>Meatloaf Mashed Potatoes Green Beans Pineapple</p>	<p>9</p> <p>Scalloped Potatoes & Ham Peas & Carrots Ambrosia Salad</p>	<p>10</p> <p>Almond Crusted Fish Winter Squash Mixed Vegetables Chef's Choice Dessert</p>
<p>13</p> <p>Turkey Tetrazzini Chef's Choice Vegetable Mandarin Oranges</p>	<p>14</p> <p>Stuffed Cabbage Mashed Potatoes Mixed Vegetables Grapes</p>	<p>15</p> <p>Roasted Pork Mashed Potatoes Sauerkraut Fresh Apple</p>	<p>16</p> <p>St. Patrick's Day Luncheon Reservation Required Corned Beef & Cabbage Boiled Red Potatoes Cabbage & Carrots Pistachio Cake</p>	<p>17</p> <p>Vegetable Lasagna Mixed Vegetables Greek Yogurt</p>
<p>20</p> <p>Hungarian Goulash Mixed Vegetables Pears</p>	<p>21</p> <p>Cheeseburger with Caramelized Onions & Cheddar Mixed Vegetables Vanilla Pudding</p>	<p>22</p> <p>Roasted Turkey Mashed Potatoes Brussel Sprouts Chef's Choice Dessert</p>	<p>23</p> <p>Chef's Choice Soup Salad Bar Plus Peaches</p>	<p>24</p> <p>CLOSED STAFF TRAINING</p>
<p>27</p> <p>Spaghetti & Meatballs Chef's Choice Vegetables & Dessert</p>	<p>28</p> <p>Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt</p>	<p>29</p> <p>Breakfast for Lunch French Toast with Scrambled Eggs & Chef's Choice Vegetable Quinoa, Potato & Vegetable Hash Tropical Fruit</p>	<p>30</p> <p>Beef Burgundy Egg Noodles Asparagus Ambrosia Salad</p>	<p>31</p> <p>Herb Crusted Cod Mushroom Barley Pilaf Spinach Gingerbread</p>

March 2023 Community Presentation Calendar

Chair Yoga for Older Adults meets every Wednesday morning from 10:00am to 11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

Caregivers Support Group meets on the 4th Friday of each month at 2:00pm in-person or via Go-To Meeting. For more information, call Tioga Opportunities, Inc. at (607) 687-4120.

The Alzheimer's Association Support Group is offered remotely on the 3rd Tuesday of each month at 1:30pm. For more information, call Tioga Opportunities, Inc. at (607)687-4120 ext. 315.

BINGO for Older Adults! Join us for a friendly game of Bingo on Friday, March 10th from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

Low Income Programs: Do you qualify? Tioga Opportunities, Inc.'s NY Connects is partnering with Southern Tier Independence Center to bring you information on low-income programs that you may qualify for. The guidelines have changed and more people are eligible than ever before. Join us to learn what resources are out there and how you can gain access to them! This presentation will be held on Wednesday, March 22nd at 1:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. To register, please call 607-687-4120.

A Matter of Trust— What is a Trust (and do I need one)?

A lot of misconceptions exist about what trusts are and what they can and cannot do. Learn about what trusts are, how they work, and whether a trust might make sense for you with attorney Greg Catarella, Esq. on Friday, March 24th at 9:30am – 11:30am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 to reserve your seat for this free presentation.

Master Gardener Presents: Getting your Garden

Ready—Master Gardener, Barb Neil, from Cornell Cooperative Extension will be returning to present on how to get your garden ready for planting. This informative presentation will be held on Monday, April 3rd at 10:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. To register, please call 607-687-4120.



St. Patrick's Day LUNCHEON

Join us as we celebrate with a festive meal including
Corned Beef and Cabbage,
Boiled Red Potatoes, Carrots, and Pistachio Cake

Thursday, March 16th serving at 11:30AM

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Reservations are required.
Call Sue at 687-4120 ext. 320 to make your
reservation by Friday, March 10th

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
	1PM-3PM	Knitting
Fridays	9AM-1PM	Quilting

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



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Effective Communication Strategies— Join us for this interactive presentation that explains the communication changes that take place throughout the course of Alzheimer's disease, offers tips on decoding the verbal and behavioral messages delivered by someone with dementia and responding in ways that are helpful to the person, and how to identify strategies to connect and communicate at each stage of the disease. There are three opportunities! Please call ahead to reserve your seat. (607)687-4120.

- Tuesday, March 21st at 10:00AM at Tioga Opportunities, Inc., 9 Sheldon Guile Blvd., Owego
- Tuesday, March 21st at 1:00PM at the Waverly Village Hall, 32 Ithaca St., Waverly
- Tuesday, March 21st at 3:30PM at Christ the King Fellowship Presbyterian Church, 75 North Main St., Spencer.