



Tioga Opportunities, Inc.

Countryside Community Center April 2023 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chili Brown Rice Cornbread Muffin Tropical Fruit</p>	<p>4 Turkey Burger Roasted Potatoes Mixed Vegetables Fruit Parfait</p>	<p>5 Meatball Sub Sweet Potato Fries Green Beans Pineapple</p>	<p>6 Beef & Cabbage Casserole Mashed Potatoes Green Beans Rice Pudding with Strawberries</p>	<p>7 Fish Fry Boiled Red Potatoes Coleslaw Oatmeal Raisin Cookie</p>
<p>10 Tuscan Chicken Pasta Brussel Sprouts Tropical Fruit</p>	<p>11 Manicotti Mixed Vegetables Fruit Parfait</p>	<p>12 Philly Cheesesteak Sandwich Baked Beans Green Beans Pineapple</p>	<p>13 Scalloped Potatoes & Ham Peas & Carrots Ambrosia Salad</p>	<p>14 Parmesan & Herb Crusted Chicken Mashed Potatoes Black Bean Brownie</p>
<p>17 Turkey Tetrazzini Spinach Mandarin Oranges</p>	<p>18 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Grapes</p>	<p>19 Chicken Philly Cheesesteak Roasted Red Potatoes Mixed Vegetables Apple</p>	<p>20 CLOSED for Staff Training</p>	<p>21 Chicken Cacciatore Whole Grain Penne Cauliflower Fruited Gelatin</p>
<p>24 Hungarian Goulash Mixed Vegetables Peaches</p>	<p>25 CLOSED for Volunteer Appreciation Event</p>	<p>26 Meat Lasagna Mixed Vegetables Orange Sections</p>	<p>27 Cold Plate Peas Carrots Peaches</p>	<p>28 Roasted Turkey Mashed Potatoes Carrots Pear Crisp</p>
				<p>Hot meals served with milk and bread.</p> <p>Menu subject to change without notice.</p>

April 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, April 14th from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

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.

****New Date** Just Say Yes to Fruits and Vegetables** with the Food Bank of the Southern Tier on Monday, April 17th from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low-cost recipes and tips on new ways to use common pantry foods. Guests can taste prepared recipes and participate in educational group discussions on nutrition topics to support good health. Call Tioga Opportunities, Inc. at (607) 687-4120 to reserve your seat.

Understanding Alzheimer's and Dementia- This program provides information on detection, causes, risk factors, stages of the disease, treatment, and much more. This interactive workshop features video clips of people with Alzheimer's disease and their families sharing their stories. There are three opportunities! Please call ahead to reserve your seat. (607)687-4120.

- Tuesday, April 18th at 10:00am at Tioga Opportunities, Inc. 9 Sheldon Guile Blvd., Owego
- Tuesday, April 18th at 1:00pm at the Waverly Village Hall, 32 Ithaca St., Waverly
- Tuesday, April 18th at 3:30pm at Christ the King Fellowship Presbyterian Church, 75 North Main St., Spencer.

Make giving back your second act!



Now reimbursing at \$0.655 per mile!

AmeriCorps
Seniors



Join our team as a volunteer driver!

Call 687-4120 for more information

on volunteer opportunities and to apply today!



NOW AVAILABLE ONLINE

READ THE FULL REPORT AT WWW.TIOGAOPP.ORG

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.



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