



**Tioga Opportunities, Inc.**

# Countryside Community Center May 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
1 Meatloaf Mashed Potatoes Baby Carrots Fruit Mix	2 Pulled Pork Sandwich Baked Beans Mixed Vegetables Rainbow Gelatin Salad	3 Salisbury Steak with Mushroom Gravy Egg Noodles Asparagus Mango Yogurt Parfait	4 Chicken Spiedies Roasted Potatoes Roasted Cauliflower Grapes	5 Chicken Fajita Beans & Rice Chef's Choice Dessert
8 Chicken Piccata Wild Rice Pilaf Mixed Vegetables Peaches	9 Meatball Sub Sweet Potato Fries Cauliflower Pears	10 Turkey a la King Brown Rice Mixed Vegetables Sponge Cake with Berries	11 Stuffed Greek Chicken Brown Rice Mixed Vegetables Cantaloupe	12 Philly Cheesesteak Roasted Potatoes Mixed Vegetables Strawberry Muffin
15 Garden Chili Baked Potato Pineapple	16 Sloppy Joe Sandwich Roasted Potatoes Brussel Sprouts Greek Yogurt with Strawberry Slices	17 Chicken Caprese Bow Tie Pasta Mixed Vegetables Fruit Salad Deluxe	18 Caribbean Chicken Salad Salad Bar PLUS	19 Macaroni & Cheese Stewed Tomatoes Black Bean Brownie
22 Bratwurst Perogies French Cut Green Beans Applesauce	23 Cheeseburger with Caramelized Onions & Cheddar Baked Beans Mixed Vegetables Tropical Fruit	24 Spaghetti & Meatballs Spinach Mandarin Oranges	25 <b>Reservations Required</b> Beef Burgundy Egg Noodles Mixed Vegetables Triple Berry Crisp	26 <b>CLOSED FOR STAFF TRAINING</b>
29 <b>CLOSED FOR MEMORIAL DAY</b>	30 Chicken Philly Cheesesteak Roasted Potatoes Cauliflower Tropical Fruit	31 Roasted Turkey Mashed Potatoes Baby Carrots Fruit Cocktail		Hot meals served with milk, juice, and bread.  Menu subject to change without notice.

**May 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, May 12th from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

**OA Music Performance – Thursday, May 4th** from 12:30pm to 1:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Enjoy a delightful performance from the students from the Owego Apalachin Music Department. Light refreshments will be served.

**Berkshire Senior Social Hour and NY Connects Office Hours** - Join Tioga Opportunities, Inc. at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, May 5th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607)687-4120.

**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, May 19th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607)687-4120.

**Just Say Yes to Fruits and Vegetables** with the Food Bank of the Southern Tier on **Thursday, May 18th** 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.

**Community Art Show – Monday, May 22nd—Thursday, May 25th** at TOI's Countryside Community Center from 10am to 3:30pm. View paintings, quilts, ceramics, and other incredible works of art created by your friends and neighbors in the community. Register your entry by emailing [Ksherman@tiogaopp.org](mailto:Ksherman@tiogaopp.org) or call 607-687-4120.

## Annual Public Hearing Set for Wednesday, May 17th

Tioga Opportunities, Inc. is holding its annual Public Hearing to gather comments and feedback on Aging services on Wednesday, May 17th from 12:30 to 1:30 PM at the Countryside Community Center (9 Sheldon Guile Blvd, Owego). Tioga County residents are encouraged to attend to provide input and suggestions regarding Aging programs and to make recommendations on how Tioga Opportunities, Inc. can improve its services to older adults in the community. Director of Program Operations, Christine Shaver, and Aging Services Coordinator, Amanda Kushner, will review program highlights and accomplishments. All information gathered will be used to plan services in the coming year. Light refreshments will be provided. Please call 607-687-4120, ext. 313 for more information. If you require any accommodations to participate (i.e., large print, sign language interpreter, etc.), please contact Tioga Opportunities, Inc. by May 3rd.

*Let's Celebrate*

**PLEASE JOIN TIOGA OPPORTUNITIES, INC.  
AS WE CELEBRATE COMMUNITY ACTION MONTH  
AND THE  
30TH ANNIVERSARY OF THE  
COUNTRYSIDE COMMUNITY CENTER**

THURSDAY, MAY 25TH  
COUNTRYSIDE COMMUNITY CENTER  
9 SHELDON GUILLE BLVD., OWEGO

ENJOY A DELIGHTFUL MEAL SERVED FROM  
11:30AM TO 1:00PM

*Beef Burgundy over Egg Noodles  
Mixed Vegetables and a Festive Dessert*

Suggested contribution of \$5.00 for age 60+ and a fee of \$7.00 for ages under 60.



Seating is limited. Reservations are required.  
**Please call 607-687-4120 to reserve your seat.**

## 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