



Tioga Opportunities, Inc.

Countryside Community Center June 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
Menu subject to change without notice.	Hot meals served with milk, juice, and bread.		1 BBQ Chicken Thighs Potato Salad Mixed Vegetables Watermelon Wedge	2 Macaroni & Cheese Stewed Tomatoes Chef's Choice Baked Good
5 Meatloaf Mashed Potatoes Baby Carrots Fruit Mix	6 Pulled Pork Sandwich Baked Beans Mixed Vegetables Rainbow Gelatin Salad	7 Salisbury Steak with Mushroom Gravy Egg Noodles Asparagus Mango Yogurt Parfait	8 Chicken Spiedies Roasted Red Potatoes Roasted Cauliflower Grapes	9 Garden Chili Brown Rice Cornbread Chef's Choice Dessert
12 Chicken Piccata Wild Rice Pilaf Mixed Vegetables Peaches	13 Meatball Sub Sweet Potato Fries Cauliflower Pears	14 Turkey a la King Brown Rice Mixed Vegetables Sponge Cake with Berries	15 CLOSED STAFF TRAINING DAY	16 Philly Cheesesteak Sandwich Roasted Potatoes Mixed Vegetables Strawberry Muffin
19 CLOSED JUNETEENTH HOLIDAY	20 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Vanilla Greek Yogurt with Fresh Strawberries	21 Vegetable Lasagna Mixed Vegetables Peach Parfait	22 Chicken Caprese Bow Tie Pasta Mixed Vegetables Fruit Salad Deluxe	23 Macaroni & Cheese Stewed Tomatoes Black Bean Brownie
26 Bratwurst Perogies French Cut Green Beans Applesauce	27 Cheeseburger with Caramelized Onions & Cheddar Baked Beans Mixed Vegetables Tropical Fruit	28 Spaghetti & Meatballs Spinach Mandarin Oranges	29 Beef Burgundy Egg Noodles Chef's Choice Vegetable Triple Berry Crisp	30 Baked White Fish Wild & Brown Rice Roasted Zucchini & Yellow Squash Strawberry Shortcake

JUNE 2023

Community Presentation Calendar

AARP Smart Driver Safety Course- Become a safer, more confident driver. This is a 6-hour course spread across two consecutive days. Class will meet on Monday, June 5th and Tuesday, June 6th from 1:30pm to 4:30pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. You must attend both days to receive the discount. The cost is \$25 for AARP members and \$30 for non-members. Registration is required by May 26th. Call 607-687-4120 to reserve your seat.

Stay Active & Independent for Life (SAIL) meets Tuesdays and Thursdays beginning June 6th at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. This exciting new class focuses on strength, balance, and fitness for adults age 65+. There will be 24 classes plus a pre and post assessment. Registration is required by calling 607-687-4120 ext. 315.

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.

Meditation with Ed Valentin meets every Friday at 1:00pm at TOI's Countryside Community Center. Sessions will be guided, focusing on breath and healing. For more information, call 607-687-4120 ext. 335.

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.

Berkshire Senior Social Hour and NY Connects Office Hours - Join Tioga Opportunities, Inc. at Berkshire Fire Department, 12515 NY-38, Berkshire, **Friday, June 2nd** 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 Monday, June 12th 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.

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, June 16th** from 11:30am to 12:30pm. Enjoy good food and great company. Please call ahead to reserve your seat. (607)687-4120.

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 1PM-3PM	Bridge 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

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Tioga Opportunities, Inc.

(800) 342-9871 (607) 687-4120

(607) 724-2111