



**Tioga Opportunities, Inc.**

# Countryside Community Center September 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 \$7.00 for ages under 60.

*Contributions may be made in the form of cash, check, or credit/debit card. Gift Cards Available.*

**If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu subject to change without notice.</b>	<b>Hot meals served with milk and bread.</b>			1 Ravioli Florentine Mixed Vegetables Whole Grain Roll Chef's Choice Dessert
4 <b>CLOSED</b> <b>Labor Day Holiday</b>	5 Chicken Philly Cheesesteak Baked Beans Mixed Vegetable Tropical Fruit	6 Whole Grain Pasta & Chicken Sausage Spinach Whole Grain Roll Fruit Cup	7 Manicotti Chef's Choice Vegetable Pineapple	8 Greek Cannellini with Beans Penne Pasta Corn Roll Blueberry Oat Muffin
11 Garden Chili Brown Rice Corn Muffin Peaches	12 Pulled Pork Sandwich Baked Beans Mixed Vegetables Fruit Yogurt Parfait	13 Roast Turkey & Gravy Mashed Potatoes Carrots Whole Grain Roll Assorted Fruit Cup	14 <b>CLOSED</b> <b>Staff Training Day</b>	15 Meatloaf Mashed Potato Green Beans Rye Bread Gingerbread
18 Pesto Chicken Penne Pasta Mixed Vegetables Whole Grain Roll Fruit Cup	19 Cheeseburger with Mushrooms Roasted Red Potatoes Mixed Vegetables Rainbow Gelatin Salad	20 Turkey a la King Brown Rice Brussel Sprouts Rye Bread Fruit	21 Salisbury Steak Egg Noodles Mixed Vegetables Whole Grain Roll Pears	22 Black Bean Spanish Rice Roasted Cauliflower Whole Grain Roll Apple Crisp
25 Macaroni & Cheese Stewed Tomatoes Rye Bread Greek Yogurt Cranberry Juice	26 Fish Sandwich Sweet Potato Fries Green Beans Fruit Salad Deluxe Grape Juice	27 Spaghetti & Meatballs Broccoli Whole Grain Roll Mandarin Oranges Orange Juice	28 Chicken Caprese Whole Grain Pasta Mixed Vegetables Apple Slices	29 Vegetable Pizza Salad Bar Chef's Choice Dessert

**September 2023  
Community Presentation and  
Activity 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.

**Meditation with Ed Valentin** - Fridays from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. The Meditation sessions will be guided, focusing on breath and healing. For more information, call (607) 687-4120, ext. 335.

**BINGO for Older Adults!** Join us for a friendly game of Bingo on **Friday, September 8th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

**Board Game Night- Wednesday, September 13th** from 4pm to 6pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. This free event is open to all ages! Enjoy a variety of board games and fun! For more information call (607) 687-4120.

**"Planning for Incapacity: Protecting Assets from Long Term Care Expenses" with Greg Catarella, Esq.,** Learn how you may be able to protect your assets from having to be spent on future nursing home needs. **Friday, September 15th** from 9:30am to 11:30am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Please call 607-687-4120 to reserve your seat.

**Just Say Yes to Fruits and Vegetables** with the Food Bank of the Southern Tier on **Thursday, September 21st** from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low-cost recipes. Call (607) 687-4120 to reserve your seat.

**Flu Shot Clinic- Wednesday, September 27th** from 11:30am to 1:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Flu vaccines are available for those aged 19 and older. Walk-ins are welcome! Please bring your insurance card. Call 607-687-5333 with any questions.

**The Elderly Pharmaceutical Insurance Coverage Program (EPIC) Presentation- Wednesday, September 27th** at 1pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. A representative will share information on the program and assist attendees with questions and enrollment. Call 607-687-4120 to reserve your seat.



**WE CAN HELP YOU ACCESS YOUR  
HEALTHCARE APPOINTMENTS!**

If you have Medicaid and need transportation to a Medicaid-covered appointment, request Tioga Opportunities, Inc. as your provider when calling the Medical Answering Services (MAS)!

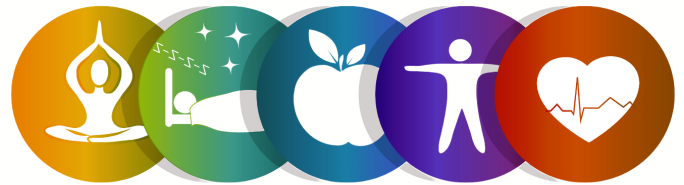
**SAFE**

**RELIABLE**

**ON-TIME**

**WHEELCHAIR ACCESSIBLE**

**TO SCHEDULE YOUR TRANSPORT,  
CALL MAS AT 1-866-932-7740.**



# COMMUNITY HEALTH FAIR

**Enter to win a \$100 Gift Card!**

Free Admission • Information & Resources • Door Prizes

**Tuesday, September 26th  
11:00AM to 1:00PM**

**TIOGA DOWNS  
CASINO RESORT  
2384 West River Road, Nichols**

**Many agencies and businesses will be on hand to provide you  
with information and resources to help you maintain a  
healthy lifestyle and independent living!**



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Call us at  
607-687-4120



Visit Our Website  
[www.tiogaopp.org](http://www.tiogaopp.org)



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