



**Tioga Opportunities, Inc.**

# Countryside Community Center November 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>		1 Mediterranean Pasta Cauliflower Whole Grain Roll Fruit Cocktail	2 Stuffed Cabbage Mashed Potatoes Green Beans Whole Grain Roll Greek Yogurt	3 Roasted Pork Mashed Potatoes & Gravy Brussel Sprouts Whole Grain Roll Chef's Pick Dessert
	6 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Greek Yogurt	7 Sloppy Joe Sandwich Roasted Red Potatoes Mixed Vegetable Pears	8 Greek Chicken Brown & Wild Rice Mixed Vegetables Rye Bread Fresh Apple	9 Swiss Steak in Gravy Garlic Mashed Potatoes Peas Whole Grain Roll Pumpkin Applesauce Muffin
13 Tuscan Chicken Pasta Mixed Vegetables Whole Grain Roll Fruit Cup	14 Cheeseburger with Cheddar and Onion Sweet Potato Broccoli Ambrosia Salad	15 Garden Chili Brown Rice Vegetable Cornbread Muffin Pineapple	16 <b>Thanksgiving Luncheon Reservations Required</b> Roast Turkey Mashed Potatoes Green Bean Casserole Whole Grain Roll Pumpkin Pie	17 Spaghetti & Meatballs Spinach Whole Grain Roll Chef's Choice Dessert
20 Chicken & Biscuits Mashed Potatoes Peas & Carrots Tropical Fruit	21 Meatball Sub on Whole Grain Roll Roasted Red Potatoes Mixed Vegetables Ambrosia Salad	22 Turkey a la King Brown Rice Vegetables Whole Grain Roll Fruit Cup	23 <b>CLOSED Thanksgiving Holiday</b>	24 <b>CLOSED Thanksgiving Holiday</b>
27 Ravioli Florentine Mixed Vegetables Whole Grain Roll Peaches	28 Fish Sandwich Sweet Potato Fries Vegetables Fruit & Yogurt Parfait	29 Scalloped Potatoes & Ham French-Cut Green Beans Rye Bread Grapes	30 Chicken Caprese Bow Tie Pasta Broccoli Whole Grain Roll Rainbow Gelatin	<b>Hot meals served with milk and bread.</b>

## November 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.

**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 ext. 315.

**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.

**Countryside Café Tasting Event**— Join our Nutrition Team on **Thursday, November 2nd** from 11:30am to 12:30pm at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego. This special tasting event will include: Squash Noodle and Tomato Salad; Italian Wedding Soup; Corn, Bean, and Tomato Salad; Turkey Sausage, Egg, and Cheese Quesadilla; Chicken Cordon Bleu; Lemon Strawberry Pudding; and Fruit Lasagna. Let us know your favorites and you may see them on an upcoming menu in 2024!

**Putting the Garden to Bed with Cornell Cooperative Extension.** Get gardening tips and learn how to prepare your garden beds for winter. **Monday, November 6th** from 10:00am to 11:00am at TOI's Countryside Community Center. Call 607-687-4120 to sign up!

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

**Just Say Yes to Fruits and Vegetables with the Food Bank of the Southern Tier** on **Thursday, November 16th** 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.

Visit and subscribe to our Community Calendar at <https://tiogaopp.org/community-calendar/>

# Thanksgiving Luncheon

Join us for a festive meal including

Roasted Turkey with Gravy, Mashed Potatoes,  
Stuffing, Green Bean Casserole, and Pumpkin Pie

**Thursday, November 16th serving at 11:30AM**

Countryside Community Center, 9 Sheldon Guile Blvd., Owego

Seats are limited. Reservations are required.

Call 687-4120 to make your reservation

by Thursday, November 9th.

Suggested contribution for ages 60 and over \$5.00; under 60 \$7.00.



## Make Giving Back Your Second Act.

**JOIN TODAY!  
VOLUNTEER DRIVERS NEEDED**






**607-687-4120**

## Countryside Community Center Activities

Are you looking to stay active and meet new people?

Join us for our weekly activities!

Mondays	9:00am–Noon	Ceramics
Tuesdays	9:00am–Noon	Oil Painting
	1:00pm–4:00pm	Acrylic & Watercolor
Wednesdays	10:00am–11:00am	Chair Yoga
	1:00pm–4:00pm	Cards & Games
Thursdays	12:30pm–4:30pm	Bridge
	1:00pm–3:00pm	Knitting
Fridays	9:00am–1:00pm	Quilting

**Bingo is Back! Join us the 2nd Friday of each month at 1pm.**  
Trivia is held on the 2nd and 4th Tuesdays of each month at 1pm.



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