



Tioga Opportunities, Inc.

Countryside Community Center January 2024 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
1 CLOSED <i>Happy New Year!</i>	2 Sloppy Joe Sweet Potato Fries Vegetables Peaches	3 Mediterranean Pasta Green Beans Whole Grain Roll Grapes	4 Beef & Lentil Stew Brown Rice Broccoli Rye Bread Rainbow Gelatin	5 Hot Turkey Sandwich Mashed Potatoes Brussel Sprouts Lemon Pudding with Strawberries
8 Tuscan Chicken Pasta Mixed Vegetables Rye Bread Peaches	9 Stuffed Pepper Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt	10 Chicken & Biscuits Mashed Potatoes Carrots Rye Bread Fresh Apple	11 Spaghetti & Meatballs Spinach Whole Grain Roll Grapes	12 Oven Baked Chicken Sweet Potato Fries Greens Cornbread Pecan Pie
15 CLOSED Martin Luther King, Jr. Holiday	16 Ravioli Florentine Roasted Red Potatoes Spinach Whole Grain Roll Tropical Fruit	17 Whole Grain Pancakes Berries Scrambled Eggs Mixed Vegetables Fresh Apple	18 Pork Stir Fry Brown Rice Whole Grain Roll Cranberry Orange Muffin	19 Chicken Caprese Whole Wheat Pasta Mixed Vegetables Dessert
22 Garden Chili Brown Rice Cornbread Muffin Fruit Cup	23 Manicotti Mixed Vegetables Whole Grain Roll Ambrosia Salad	24 Roasted Turkey and Gravy Mashed Potatoes Spinach Whole Grain Roll Pineapple	25 Split Pea Soup Built Up Salad Bar Whole Grain Roll Greek Yogurt	26 Beef & Mushroom Stroganoff Brussel Sprouts Whole Grain Roll Dessert
29 Spanish Rice with Beans Broccoli Corn Muffin Tropical Fruit	30 Fish Sandwich Pierogies Roasted Vegetables Ambrosia Salad	31 Chicken & Biscuits Mashed Potatoes Vegetables Fruit Cup	Menu subject to change without notice.	Hot meals served with milk and bread.

January 2024 Community Presentation and Activity Calendar

Chair Yoga for Older Adults meets every **Wednesday from 10:00am to 11:00am** at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Call 607-687-4120 for more information.

The Alzheimer's Association Support Group is offered virtually 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, January 12th** 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, January 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. Call (607) 687-4120 to reserve your seat.

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

Create your own Valentine card with Owego Rotary

Join the fun with Owego Rotary to create your own Valentine greeting cards. Rotarians will be on hand to share a lively time of transforming plain paper into special Valentine cards of your own design using shaped cutouts, stickers, pens in bright colors, a little glue, and maybe some themed rubber stamps. All supplies will be provided. No special skills are needed, and everyone can be part of this easy and fun activity.

Wednesday, January 31st from 11:30AM to 1:30PM
Countryside Community Center
9 Sheldon Guile Blvd., Owego

If you have questions, please reach out to Rotarian, Carolyn Wright at 607-687-0229.

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.



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



Celebrating Dr. Martin Luther King, Jr.

Join us for lunch and be inspired by a
special display of his renowned speeches,
"I Have a Dream" and "Letters from
Birmingham".

Friday, January 12th at Noon
Countryside Community Center
9 Sheldon Guile Blvd., Owego

There will also be an opportunity to register to
vote during the event!

If you have any questions, please call
607-687-4120 ext. 315.