



Tioga Opportunities, Inc.

Countryside Community Center February 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
Menu subject to change without notice.			1 Salisbury Steak Mashed Potatoes Carrots Whole Grain Roll Mandarin Oranges	2 White Bean Rigatoni Cauliflower Whole Grain Roll Apple Crisp
5 Cannellini with Orzo Mixed Vegetables Whole Grain Roll Pears	6 Chicken Patty on Sandwich Roll Baked Beans Chef's Pick Vegetable Rainbow Gelatin	7 Swedish Meatballs Egg Noodles Green Beans Whole Grain Roll Grapes	8 Cabbage Rolls Mashed Potatoes Broccoli Rye Bread Lemon Pudding & Strawberries	9 CLOSED for Staff Training
12 Beans & Greens Whole Wheat Pasta Capri Blend Whole Grain Roll Peaches	13 Vegetable Lasagna Mixed Vegetables Whole Grain Roll Greek Yogurt	14 Chicken Chili Brown Rice Carrots Cornbread Muffin Angel Food Cake with Berries and Cream	15 Spaghetti & Meatballs Whole Grain Pasta Spinach Whole Grain Roll Chef's Pick Dessert	16 Herb Crusted Fish Winter Squash Chef's Pick Vegetable Cornbread Gingerbread Square
19 CLOSED Presidents' Day	20 Turkey Burger Baked Beans Vegetables Tropical Fruit	21 <i>Breakfast for Lunch</i> Quiche Roasted Potatoes Broccoli Rye Bread Fruit Yogurt Parfait	22 Beef Stroganoff Egg Noodles Green Beans Whole Grain Roll Fresh Orange	23 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Chef's Pick Dessert
26 Garden Chili Brown Rice Cornbread Muffin Fruit Cup	27 Manicotti Mixed Vegetables Whole Grain Roll Ambrosia Salad	28 Roast Pork & Gravy Mashed Potatoes Spinach Whole Grain Roll Pineapple	29 Italian Wedding Soup Built Up Salad Bar Whole Grain Roll Greek Yogurt	Hot meals served with milk and bread.

February 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.

BINGO for Older Adults! Join us for a friendly game of Bingo on **Friday, February 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, February 15th** 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.

Scams presented by Action for Older Persons. Tuesday, February 20th at 10:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Learn more about how you can better protect yourself from scams.

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



Enjoy a delicious meal, learn more about this tradition, and decorate your own mask.

Tuesday, February 13th at 11:30am

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

Please call 607-687-4120 with any questions.

Tioga Opportunities, Inc. offers Elder Law Clinic

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Friday, February 16th from 9:30 AM to 12:30 PM. Appointments will be offered at the Countryside Community Center, 9 Sheldon Guile Blvd, Owego. Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns. To schedule an appointment, please call 607-687-4120, ext. 315 by 4:00 PM on February 9th. Appointments are limited, so please call today!

SUPERB OWL TRIVIA PARTY

Join us for an exciting trivia event with a Super Bowl/football twist. Test your knowledge and predict which team will be crowned the 2024 Superb Owl.



**Thursday, February 8th
1:00PM**

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

Don't forget to showcase your team spirit by donning your favorite football attire!

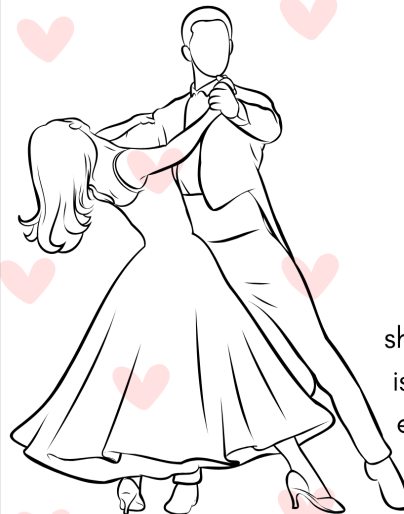
**For more information please
call 607-687-4120 ext. 344.**



DANCE THE NIGHT AWAY!

VALENTINE'S BALLROOM DANCE DEMONSTRATION!

Join TOI as we welcome local "Dancing with the Stars" sensations Tim and Peggy Sayers with a spectacular ballroom dance demo!



**Wednesday, February 14th
4:00pm to 6:00pm**

**Countryside Community Center
9 Sheldon Guile Blvd., Owego**

Don't forget to put on your dancing shoes, because once the demonstration is over, the dance floor will be open to everyone who wants to join in the fun.

**Please call 607-687-4120
with questions.**