



Tioga Opportunities, Inc.

Countryside Community Center March 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.	Hot meals served with milk and bread.			1 Beer Battered Fish Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Angel Food Cake with Fruit Topping
4 Spanish Rice with Black Beans Broccoli Whole Grain Roll Tropical Fruit	5 Ravioli Florentine Cauliflower Whole Grain Roll Ambrosia Salad	6 Meatloaf Mashed Potatoes Carrots Whole Grain Roll Fruit Cup	7 Turkey Tetrazzini Vegetable Whole Grain Roll Mandarin Oranges	8 Almond Crusted Fish Barley Pilaf Mixed Vegetables Whole Grain Roll Tahini Chocolate Chip Cookie
11 Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Whole Grain Roll Pears	12 Stuffed Shells Mixed Vegetables Whole Grain Roll Rainbow Gelatin Salad	13 Chicken and Biscuits Mashed Potatoes Green Beans Whole Grain Roll Assorted Fruit	14 St. Patrick's Day Reservation Required Corned Beef and Cabbage Boiled Red Potatoes Cabbage & Carrots Rye Bread Pistachio Cake	15 Macaroni & Cheese Stewed Tomatoes Whole Grain Bread Lemon Pudding with Strawberries
18 Spaghetti & Meatballs Spinach Whole Grain Roll Peaches	19 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt	20 Breakfast for Lunch French Toast Scrambled Eggs Quinoa Hash & Spinach Fruit	21 Roasted Pork Mashed Potatoes Sauerkraut Whole Grain Roll Applesauce	22 Tuna Casserole Peas & Carrots Whole Grain Roll Peach Crisp
25 Ham & Scalloped Potatoes Mixed Vegetables Rye Bread Fruit	26 Vegetable Lasagna Carrots Whole Grain Roll Tropical Fruit	27 Roast Turkey & Gravy Mashed Potatoes Mixed Vegetables Whole Grain Roll Fruit & Yogurt Parfait	28 Minestrone Soup Built-Up Salad Bar Whole Grain Roll Rice Pudding with Orange Sections	29 Herb Crusted Fish Winter Squash Brussel Sprouts Whole Grain Roll Dessert

March 2024 Community Presentation and Activity Calendar

Chair Yoga for Older Adults *normally* meets every **Wednesday from 10:00am to 11:00am** at TOI's Countryside Community Center; however, class will be on hiatus the entire month of March.

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

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

AARP Driver Safety Course— Monday, March 18th and Tuesday, March 19th from 1:30pm to 4:30pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. This is a six-hour course spread across two consecutive days. You must attend both days to receive the discount. The cost is \$25 for AARP members and \$30 for non-members. It is important that you call ahead to reserve your spot as walk-ins will not be accepted. Participants must sign up two weeks prior to the class. Please call Tioga Opportunities, Inc. at 607-687-4120 to reserve your seat.

Agency Spotlight: Community Connections— Wednesday, March 27th at 1:30pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. TOI and the Southern Tier Independence Center (STIC) will present information on a variety of resources and services such as transportation (Medicaid and Volunteer), home repair/modification, fire alarms for the hard of hearing, Weatherization, Empower NY, and the HEAP Cooling benefit. Please call 607-687-4120 ext. 344 to reserve your seat.

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



St. Patrick's Day LUNCHEON

Join us as we celebrate with a festive meal including
**Corned Beef and Cabbage,
Boiled Red Potatoes, Carrots, and Pistachio Cake**

Thursday, March 14th serving at 11:30AM

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



**Reservations are required.
Call Sue at 687-4120 ext. 320 to make your
reservation by Friday, March 8th**



**"A MATTER OF TRUST -
WHAT IS A TRUST
(AND DO I NEED ONE)?"
with Greg Catarella, Esq.**

***Learn about what trusts are, how they work, and
whether a trust might make sense for you.***

Friday, March 8th from 9:00AM-11:00AM

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



**Please call 607-687-4120 to reserve
your seat for this free presentation.**

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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