



Tioga Opportunities, Inc.

Countryside Community Center April 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
<p>1</p> <p>Salisbury Steak Mashed Potatoes Broccoli Whole Grain Roll Peaches</p>	<p>2</p> <p>Sloppy Joe on Whole Grain Bun Sweet Potato Fries Chef's Pick Vegetable Rainbow Gelatin Salad</p>	<p>3</p> <p>Turkey a la King Brown Rice Mixed Vegetables Corn Muffin Fresh Pear</p>	<p>4</p> <p>Hungarian Goulash Baby Carrots Whole Grain Roll Mango Yogurt Parfait</p>	<p>5</p> <p>Chicken Caprese Whole Wheat Pasta Mixed Vegetables Whole Grain Roll Berry Crisp</p>
<p>8</p> <p>Swedish Meatballs over Egg Noodles Mixed Vegetables Whole Grain Roll Citrus Salad</p>	<p>9</p> <p>Chicken Philly Cheesesteak Roasted Red Potatoes Mixed Vegetables Greek Yogurt</p>	<p>10</p> <p>Garden Chili Brown Rice Brussel Sprouts Corn Muffin Fresh Orange</p>	<p>11</p> <p>Beef Burgundy over Noodles Green Beans Whole Grain Roll Tapioca Pudding with Strawberries</p>	<p>12</p> <p>CLOSED FOR STAFF TRAINING</p>
<p>15</p> <p>Greek Cannellini Orzo Vegetables Whole Grain Roll Greek Yogurt</p>	<p>16</p> <p>Turkey Burger with Swiss Cheese and Mushrooms Roasted Red Potatoes Spinach Lemon Pudding</p>	<p>17</p> <p>Roasted Pork with Gravy Mashed Potatoes Sauerkraut Rye Bread Applesauce</p>	<p>18</p> <p>Spaghetti & Meatballs Whole Grain Pasta Broccoli Whole Grain Roll Assorted Fruit Cup</p>	<p>19</p> <p>Parmesan Crusted Chicken Brown & Wild Rice Mixed Vegetables Whole Grain Roll Cranberry Muffin</p>
<p>22</p> <p>Macaroni & Cheese Stewed Tomatoes Whole Grain Breadstick Greek Yogurt</p>	<p>23</p> <p>CLOSED FOR VOLUNTEER APPRECIATION LUNCHEON</p>	<p>24</p> <p>Tuscan Chicken Whole Wheat Pasta Mixed Vegetables Whole Grain Roll Tropical Fruit</p>	<p>25</p> <p>Chicken Noodle Soup Built-Up Salad Bar Rye Bread Ambrosia Salad</p>	<p>26</p> <p>Meatball Sub Sweet Potato Fries Chef's Pick Vegetable Vanilla Pudding with Banana & Vanilla Wafers</p>
<p>29</p> <p>Mediterranean Pasta Chef's Choice Vegetable Whole Grain Roll Greek Yogurt</p>	<p>30</p> <p>Chicken Patty Sandwich Baked Beans Mixed Vegetables Assorted Fruit Cup</p>		<p>Menu subject to change without notice.</p>	<p>Hot meals served with milk and bread.</p>

April 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.

BINGO for Older Adults! Join us for a friendly game of Bingo on **Friday, April 12th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

Managing Money with the Alzheimer's Association on **Monday, April 15th** at 9:30am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. This program is a caregiver's guide to finances. Learn tips for managing someone's finances and how to prepare for future costs for care of an individual with Alzheimer's. 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, April 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.

Tioga County Veterans' Service Agency Presentation- **Monday, April 22nd** from 10:00am to 11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Join us to learn more about benefits, services, and programs that support veterans. For more information, call 607-687-4120.

SCAMO with Lifespan of Greater Rochester- Friday, April 26th at 10:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Join Tioga Opportunities, Inc. to learn about different frauds and scams. SCAMO is a fun-filled, interactive, and informative Bingo style game that tests your knowledge of scams and fraud. For more information, call 607-687-4120.

AARP Driver Safety Course- **Monday, April 29th and Tuesday, April 30th** 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 607-687-4120 to reserve your seat.

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



Countryside Community Center Activities
Are you looking to stay active
and meet new people?
Join us for our weekly activities!

Mondays	9:00am-12:00pm	Ceramics
Tuesdays	9:00am-12:00pm	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! Join us the 2nd Friday of each month at 1pm.



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



**Our 2023 Impact
Report is available
online!**

**Read the report at tiogaopp.org or
scan the QR code!**



Open the camera on your smartphone
Point your phone at the QR code
Once it is focused, a link will appear
Tap on the link to open and read the
report



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www.tiogaopp.org



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