



**Tioga Opportunities, Inc.**

# Countryside Community Center August 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
<b>*Menu subject to change without notice.</b>	<b>Hot meals served with milk and whole grain breads and pasta.</b>		1 Chicken Stir Fry over Brown Rice Mandarin Oranges	2 Greek Cannellini Orzo Dessert
5 Beef Macaroni Casserole Summer Squash & Cherry Tomatoes Peaches	6 Grilled Chicken Sandwich Sweet Potato Fries Green Beans Cantaloupe & Blueberries	7 Pulled Pork Sandwich Baked Beans Cauliflower Apple Slices	8 Macaroni & Cheese Stewed Tomatoes Dessert	9 <b>CLOSED for Staff Training</b>
12 Meatloaf Mashed Potatoes with Gravy Carrots Tapioca Pudding with Orange Sections	13 Turkey Burger Roasted Sweet Potatoes Beets Tropical Fruit	14 Penne Pasta with Meat Sauce Mixed Vegetables Fruit Cup	15 Pork Stir Fry over Brown Rice Fresh Apple	16 Cheesesteak Roasted Red Potatoes Green Beans Dessert
19 Herb Crusted Cod Wild Rice Broccoli & Sun-dried Tomatoes	20 Sloppy Joe Sweet Potato Fries Mixed Vegetable Lemon Pudding with Strawberries	21 Turkey a la King Cauliflower Fruit Salad	22 Beef & Lentil Stew Rice & Couscous Green Beans Grapes	23 Chicken Caprese Bow Tie Pasta Zucchini & Yellow Squash Dessert
26 Spanish Rice with Black Beans Mixed Vegetables Pineapple	27 Chicken Sandwich Baked Beans Zucchini & Tomatoes Peach Parfait	28 Salisbury Steak with Mushroom Gravy Mashed Potatoes Mixed Vegetables Pears	29 Chicken Ratatouille over Bow Tie Pasta Fresh Orange	30 Meatball Sub Sweet Potato Fries Brussel Sprouts Rainbow Gelatin

**August 2024**

## Community Presentation and Activity Calendar

*All events will take place at the Countryside Community Center, 9 Sheldon Guile Blvd., Owego unless otherwise noted.*

**Senior Farmers' Market Nutrition Program coupon booklets will be available (dependent on income)** at Tioga Opportunities, Inc.'s Countryside Community Center, 9 Sheldon Guile Blvd., Owego, Monday through Friday, from 9:00am to 4:00pm beginning July 1<sup>st</sup> running through September 30<sup>th</sup> or while supplies last.

**NEW CLASS- Conversational Spanish with Mrs. Margie Valentin!** The group meets every **Tuesday** at 1:00pm. Join us to learn and practice your conversation skills, explore the rich Hispanic culture, and enjoy pleasant conversations in a relaxed and enriching environment. Call 607-687-4120 or email [aging@tiogaopp.org](mailto:aging@tiogaopp.org) to reserve your seat.

**Chair Yoga for Older Adults** meets every **Wednesday** morning from 10:00am to 11:00am. Call 607-687-4120 for more information.

**Meditation with Ed Valentin** meets every **Friday** from 1:00pm to 2:00pm. The Meditation sessions are guided, focusing on breath and healing. For more information, call (607) 687-4120 ext. 335 or email [aging@tiogaopp.org](mailto:aging@tiogaopp.org).

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 607-6877-4120 ext. 315.

**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

## Get help

with your long term services and supports needs



**NY Connects**  
Your Link to Long Term Services and Supports

Tioga Opportunities, Inc.  
(800) 342-9871 (607) 687-4120  
(607) 724-2111

For people of all ages, any disability, and caregivers.



## CONVERSATIONAL

## SPANISH with

**MRS. MARGIE VALENTIN**

GRACIAS

Join us on this exciting linguistic journey and discover how a new language can enrich your life in unexpected ways.

¡HOLA!



**TUESDAY'S AT 1:00PM**  
**COUNTRYSIDE COMMUNITY CENTER**  
**9 SHELDON GUILLE BLVD., IN OWEGO**

¿POR QUÉ?

**BEGINNING JULY 9TH THROUGH AUGUST 27TH**



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[www.tiogaopp.org](http://www.tiogaopp.org)