



Tioga Opportunities, Inc.

Countryside Community Center September 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>2</p> <p>CLOSED Labor Day</p>	<p>3</p> <p>Turkey Burger Baked Beans Mixed Vegetables Mandarin Oranges</p>	<p>4</p> <p>Pork Stir Fry Brown Rice Tropical Fruit</p>	<p>5</p> <p>Marinated Chicken Wild Rice Brussel Sprouts Gelatin with Fruit</p>	<p>6</p> <p>Macaroni & Cheese Stewed Tomatoes Chef's Choice Dessert</p>
<p>9</p> <p>Chicken Broccoli Fettuccine Alfredo Peaches</p>	<p>10</p> <p>Stuffed Peppers Mashed Potatoes Green Beans Mango Parfait</p>	<p>11</p> <p>Mediterranean Pasta Spinach Fresh Orange</p>	<p>12</p> <p>Pulled Pork Sandwich Baked Beans Cauliflower Rainbow Gelatin</p>	<p>13</p> <p>Herb Crusted Cod Peas Winter Squash Gingerbread</p>
<p>16</p> <p>Garden Chili Brown Rice Zucchini Greek Yogurt</p>	<p>17</p> <p>Chicken Patty Sandwich Roasted Red Potatoes Beets Tropical Fruit</p>	<p>18</p> <p>Spaghetti & Meatballs Mixed Vegetables Fruit Cup</p>	<p>19</p> <p>Croissant Sandwich Tomato Bisque Tapioca Pudding</p>	<p>20</p> <p>Salisbury Steak with Mushroom Gravy Mashed Potatoes Mixed Vegetables Pears</p>
<p>23</p> <p>Vegetable Frittata Hash Browns Spinach Pineapple</p>	<p>24</p> <p>Meatball Sub Sweet Potato Fries Mixed Vegetable Lemon Pudding with Strawberries</p>	<p>25</p> <p>Roasted Turkey Mashed Potatoes Carrots Fruit Salad</p>	<p>26</p> <p>Greek Cannellini with Beans & Orzo Grapes</p>	<p>27</p> <p>Chicken Parmesan Pasta Zucchini & Yellow Squash Chef's Pick Dessert</p>
<p>30</p> <p>Spanish Rice & Beans Vegetable Pineapple</p>			<p>Hot meals served with milk and whole grain breads and pasta.</p>	<p>*Menu subject to change without notice.</p>

September 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 through September 30th or while supplies last.

Conversational Spanish with Mrs. Margie Valentin! The group meets every **Tuesday** at 1:00pm. 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 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.

BINGO for Older Adults! Join us for a friendly game of Bingo on **Friday, September 20th** from 1:00pm to 2:00pm! Call 607-687-4120 or email aging@tiogaopp.org for more information!

Visit and subscribe to
our Community Calendar
scan the QR code with
your mobile device
or visit
[https://tiogaopp.org/
community-calendar/](https://tiogaopp.org/community-calendar/)

SCAN ME!



VOTER BASICS: CIVICS VS. POLITICS

Presented by
foodbank
of the Southern Tier

Tuesday, September 10th at 1:00pm
Countryside Community Center
9 Sheldon Guile Blvd., Owego

To Register:
Scan the QR Code
Call TOI at 607-687-4120
Email aging@tiogaopp.org



JOIN US & LEARN

- How to Make Sure You're Registered to Vote
- When and Where to Vote
- How to Know Who Represents You
- Who Your Candidates are in Upcoming Elections



Planning For Incapacity: Protecting Assets from Long Term Care Expenses Greg Catarella, Esq.

Friday, September 13th
from 9:00-11:00 AM
Countryside Community Center
9 Sheldon Guile Blvd., Owego



Please call 607-687-4120 or email aging@tiogaopp.org to reserve your seat.

Topics will include:

- Protecting your assets from the cost of future nursing home needs
- The differences between levels of care
- What Medicare, Medicaid, or other types of insurance will cover.



Agency Spotlight: Community Connections

Wednesday, September 18th at 1:30pm Countryside Community Center

Join TOI and Southern Tier Independence Center (STIC) to learn more about a variety of local resources and services including:

HEAP Heating

HEAP Clean and Tune

NY Connects Resource Guide

TRIAD Assistive Technology Loan Closet



Please call 607-687-4120 or email aging@tiogaopp.org to reserve your seat.



Flu Shot Clinic

Wednesday, September 25th
11:30am to 1:00pm

Countryside Community Center
9 Sheldon Guile Blvd., Owego

Flu vaccines are available for those
aged 19 & older.

Walk-in's are welcome!

Please bring your insurance card.



Call 607-687-5333 with any questions.