



Tioga Opportunities, Inc.

Countryside Community Center

October 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 Ravioli Florentine Cauliflower Mandarin Oranges	2 Meatloaf with Gravy Mashed Potatoes Carrots Fruit Salad Deluxe	3 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Vanilla Yogurt with Fresh Strawberry	4 Chicken Caprese Bow Tie Pasta Mixed Vegetables Apple Crisp
	7 Pork Stir Fry with Mixed Vegetables Applesauce	8 Manicotti Spinach Mandarin Oranges	9 Swedish Meatballs Egg Noodles Broccoli Tropical Fruit	10 Marinated Chicken Wild Rice Brussel Sprouts Gelatin with Fruit
14 CLOSED Indigenous Peoples' Day	15 Stuffed Peppers Mashed Potatoes Green Beans Tropical Fruit Peach Parfait	16 Baked Haddock Wild Rice Winter Squash Fresh Orange	17 Croissant Sandwich Butternut Squash Soup Rainbow Gelatin	18 Beef & Lentil Stew Brown & Wild Rice Mixed Vegetables Gingerbread
21 Turkey a la King Brown Rice Mixed Vegetables Greek Yogurt	22 Fish Sandwich Sweet Potato Coleslaw Banana Pudding	23 Gnocchi with Chickpeas and Zucchini Mixed Vegetables Fruit Cup	24 OKTOBERFEST Reservation Required Bratwurst German Potato Salad Green Beans German Chocolate Cake	25 Lentil Bolognese over Pasta Mixed Vegetables Chef's Choice Dessert
28 Macaroni & Cheese Stewed Tomatoes Fresh Fruit	29 Mushroom & Swiss Turkey Burger Sweet Potato Fries Broccoli Lemon Pudding with Strawberries	30 Roasted Pork Mashed Potatoes Carrots Apple Slices	31 Halloween Party "GHOUL"-ash Vegetable Pumpkin Muffin 	Hot meals served with milk and whole grain breads and pasta.

**October 2024
Community Presentation and
Activity Calendar**

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

**Conversational Spanish with Mrs. Mar-
gie Valentin!** The group meets every
Tuesday at 1:00pm. 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 infor-
mation, 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,
October 18th** from 1:00pm to
2:00pm! Call 607-687-4120 or email
aging@tiogaopp.org for more infor-
mation!

**Community Health Fair on Wednes-
day, October 2nd** from 11:00am to
1:00pm at Tioga Downs Casino Resort.
Information and community resources.
Flu shots and blood pressure screenings
provided by TOI's Family Health Clinic.
Free admission. Visitors can enter to win
a \$100 gift card and great door
prizes. Call 607-687-4120 or email
aging@tiogaopp.org with questions.

*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!



**Annual
Public Hearing**

Tioga County residents are invited to provide input and suggestions regarding
Aging programs and to make recommendations on how Tioga Opportunities,
Inc. can improve its services to older adults in the community.

Director of Program Operations, Christine Shaver, and Aging Services
Coordinator, Amanda Kushner, will be on hand to review program highlights
and accomplishments.

Monday, October 7th

12:15pm to 1:15pm

**TOI's Countryside
Community Center
9 Sheldon Guile Blvd.,
Owego, NY 13827**

If you require any
accommodations to
participate (i.e., large print,
sign language interpreter,
etc.), please contact TOI at
607-687-4120 by
September 23rd.

If you are unable to attend, but
would like to share your
suggestions, please contact
Christine Shaver at
607-687-4120, ext. 313 or email
your thoughts to
cshaver@tiogaopp.org.



**Oktoberfest
LUNCHEON**



**THURSDAY, OCTOBER 24TH
SERVING AT 11:30AM**

**COUNTRYSIDE COMMUNITY CENTER
9 SHELDON GUILLE BLVD., OWEGO**

Suggested contribution for ages 60 and over \$5.00; under 60 \$7.00.

SEATING IS LIMITED.

CALL 607-687-4120 TO MAKE YOUR RESERVATION!



**Managing Stress &
Holiday Budgeting**

**Tuesday, October 22nd
1:00pm to 2:30pm**

**Countryside Community Center
9 Sheldon Guile Blvd., Owego, NY 13827**

**All ages welcome! For more information
or to reserve your seat call 607-687-4120
or email aging@tiogaopp.org.**

**JOIN US FOR THIS FREE SEMINAR
TO LEARN:**

- Tips on how to create a holiday spending plan
- Ways to cope with the increased stress of the season
- Alternatives to monetary gifts
- Opportunity to sign up for a future 1:1 counseling session



HALLOWEEN PARTY

Thursday, October 31st

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

**Come and enjoy a hauntingly delicious
"Ghoulash" lunch at 11:30am!**

**Costume party with music and sweet treats
begins at 12:30pm!**

**BRING YOUR FRIENDS FOR A SPOOKY GOOD TIME!
FOR MORE INFORMATION, CALL 607-687-4120!**

