



**Tioga Opportunities, Inc.**

# Countryside Community Center November 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 Parmesan Crusted Chicken Wild Rice Brussels Sprouts Chocolate Cake
4 Garden Chili Brown Rice Broccoli Greek Yogurt with Orange Sections	5 Hamburger With Roasted Peppers & Provolone Sweet Potato Cauliflower Fruit Salad Deluxe	6 Tuscan Chicken in Whole Wheat Pasta Zucchini & Tomato Peaches	7 Spaghetti & Meatballs Spinach Mandarin Oranges	8 Roast Pork Mashed Potatoes Sauerkraut Apple Spice Cake
<b>11</b> <b>CLOSED</b> <b>Veteran's Day</b>	12 Split Pea & Ham Soup Croissant Salad Bar Fruit	13 Baked Haddock Wild Rice Winter Squash Tropical Fruit	14 Chicken a la King Spinach Gelatin with Fruit Cocktail	15 Scalloped Potatoes & Ham Green Beans Dessert
18 Hungarian Goulash Cabbage & Carrots Pineapple	19 Manicotti Mixed Vegetables Lemon Pudding with Strawberries	20 Meatloaf Roasted Potatoes Green Beans Fresh Orange	21 <i>Thanksgiving Luncheon</i> <i>Reservations Required</i> Roasted Turkey Mashed Potatoes Stuffing Honey Glazed Carrots Cranberry Gelatin Pumpkin Pie	22 Herb Crusted Haddock Winter Squash Mixed Vegetables Dessert
25 Macaroni & Cheese Stewed Tomatoes Greek Yogurt	26 Open Face Roast Beef Sandwich Mashed Potatoes Corn Banana Pudding	27 Chicken & Biscuits Brussels Sprouts Fruit Cup	<b>28</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>	<b>29</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b>

**November 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!** The group meets every **Tuesday** at 1:00pm. 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.

**Resumes November 15th! Meditation** 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).

**BINGO for Older Adults!** Join us for a friendly game of Bingo on **Friday, November 15th** from 1:00pm to 2:00pm! Call 607-687-4120 or email [aging@tiogaopp.org](mailto:aging@tiogaopp.org) for more information!

**Shawna has a Secret** on Tuesday, **November 12th** from 5:00pm to 7:30pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Join us for an interactive experience exploring hidden signs of adolescent drug use and prevention methods through a mock teenage bedroom. Narcan training will also be offered. This program is brought to you in partnership of Tioga Opportunities, Inc. and CASA Trinity. For more information, call 607-687-5333 or email [info@tiogaopp.org](mailto:info@tiogaopp.org).

**Visit and subscribe to our Community Calendar scan the QR code with your mobile device or visit <https://tiogaopp.org/community-calendar/>**

**SCAN ME!**



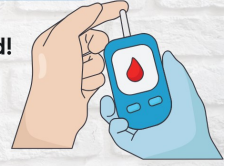
**Free Health Screenings  
with TOI's Family Health Clinic**

3rd Monday of each Month from 11:30am to 12:30pm  
Countryside Community Center

**Glucose (Blood Sugar) Screenings  
Blood Pressure Screenings**



Open to everyone, no appointment needed!  
You do not need insurance to participate.



**FUN FACTS ABOUT NUTRITION**

with TOI's Registered Dietician, Rachel Mischler!



during lunch on  
**Thursday, November 14th**

Join us for this lively game sharing interesting facts about nutrition!

Guess the correct answer and win a prize!



**THANKSGIVING LUNCHEON**

**THURSDAY, NOVEMBER 21ST  
SERVING AT 11:30AM**

Countryside Community Center  
9 Sheldon Guile Blvd., Owego

Join us for a festive meal including  
Roasted Turkey with Gravy, Mashed Potatoes, Stuffing,  
Honey Glazed Carrots, Cranberry Gelatin, and Pumpkin Pie



Reservations are required.  
Call TOI at 687-4120 or email [aging@tiogaopp.org](mailto:aging@tiogaopp.org)  
make your reservation by Friday, November 15th.



**Stay Active  
& Independent  
for Life (SAIL)**

a strength, balance, and fitness class for adults 65+

Join us for this exciting **NEW** class!

**Strength, Balance, and Fitness**

**Tuesdays and Thursdays from 9:30am to 10:30am**

**November 12th through January 30th**

TOI's Countryside Community Center



**There is no cost to attend but pre-registration is required!**

To register or for more information call 607-687-4120 or email [aging@tiogaopp.org](mailto:aging@tiogaopp.org).