



**Tioga Opportunities, Inc.**

# Countryside Community Center December 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
2 Tuna Noodle Casserole Green Beans Assorted Fruit	3 Sloppy Joe Sandwich Sweet Potato Fries Broccoli Greek Yogurt	4 Pork Vegetable Stir Fry Brown Rice Apple	5 Beef Burgundy over Egg Noodles Carrots Lemon Pudding with Strawberries	6 Spaghetti & Meatballs Brussels Sprouts Dessert
9 Baked Haddock Barley & Rice Pilaf Mixed Vegetables Pineapple	10 Stuffed Peppers Mashed Potatoes Mixed Vegetables Vanilla Yogurt with Berries	11 <b>CLOSED</b> <b>Staff Training</b>	12 Beef & Mushroom Stroganoff Egg Noodles Brussels Sprouts Mandarin Orange	13 <b>CLOSED</b> <b>Staff Training</b>
16 Vegetable Quiche Home Fries Broccoli Tropical Fruit	17 Hot Turkey Sandwich Mashed Potatoes Vegetables Dessert	18 Meatball Sub Sweet Potato Fries Cauliflower Rice Pudding	19 <b>Holiday Luncheon</b> <i>Reservations Required</i> Spiraled Ham Scalloped Potatoes Green Beans Cherry Cheesecake	20 Vegetable Lasagna Broccoli Strawberry Yogurt
23 Pork Chop Mashed Potatoes Stuffing Sauerkraut Spiced Applesauce	24 Ravioli with Mushroom Sage Sauce Mixed Vegetables Dessert	25 <b>CLOSED</b> <b>CHRISTMAS HOLIDAY</b>	26 Mushroom Barley Soup Assorted Croissant Sandwich Fruit or Dessert	27 Macaroni & Cheese Stewed Tomatoes Dessert
30 <b>Hanukkah</b> Brisket Latkes Honey Glazed Carrots Dessert	31 Chicken Cacciatore Penne Pasta Cauliflower Banana Pudding		<b>Menu is subject to change without notice.</b>	<b>Hot meals served with milk and whole grain breads and pasta.</b>

**December 2024  
Community Presentation and  
Activity Calendar**

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

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

**Free Health Screenings** with TOI's Family Health Clinic on the **3rd Monday of each month** from 11:30am to 12:30pm during Congregate Lunch. Glucose (Blood Sugar) and Blood Pressure Screenings. Open to everyone, no appointment needed. You do not need insurance to participate.

**Berkshire Senior Social Hour** on **Friday, December 6th** from 11:30am to 12:30pm at the Berkshire Fire Department, 12515 NY-38, Berkshire. Enjoy good food and great company. Call 607-687-4120 or email [aging@tiogaapp.org](mailto:aging@tiogaapp.org) to reserve your seat.

**Spencer Senior Social Hour** on **Friday, December 20th** from 11:30am to 12:30pm at INSPIRE S-VE Community and Fitness Center, 57 E. Tioga St., Spencer. Enjoy good food and great company. Call 607-687-4120 or email [aging@tiogaapp.org](mailto:aging@tiogaapp.org) to reserve your seat.

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

**Waverly Senior Social Hour** on **Friday, December 27th** from 11:30am to 12:30pm at Waverly Community Methodist Church, 158 Chemung St., Waverly. Enjoy good food and great company. Call 607-687-4120 or email [aging@tiogaapp.org](mailto:aging@tiogaapp.org) to reserve your seat.

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

**SCAN ME!**



TOI's Annual

**Holiday LUNCHEON**

**THURSDAY, DECEMBER 19TH**

Countryside Community Center  
9 Sheldon Guile Blvd., Owego

**Spiraled Ham with sides will be  
served starting at 11:30am**

**Reservations are required and will be accepted  
starting on Monday, December 2nd.**



Call 607-687-4120 or email  
[aging@tiogaapp.org](mailto:aging@tiogaapp.org) to reserve your seat!

Suggested contribution of \$5 for ages 60+, and \$7 for under 60.



**Winter Wonderland**

**Tuesday, December 17th at 12:15pm**  
**Countryside Community Center**  
**9 Sheldon Guile Blvd., Owego**

*Enjoy light refreshments and a holiday performance by  
the Owego Free Academy Music Department.*

Call 607-687-4120 for more information.



**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@tiogaapp.org](mailto:aging@tiogaapp.org).**



**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.

