

# MAY 2024

OUR LADY OF FATIMA  
 1735 ALEXANDER ROAD  
 DELANSON, NY 12053  
 MONDAY, WEDNESDAY, FRIDAY  
 10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.  
 1% MILK IS SERVED DAILY  
 CALL (518)382-8481 X 1302 TO RESERVE OR  
 CANCEL MEAL.

SUGGESTED MEAL CONTRIBUTION:  
 REGISTERED GUESTS 60 AND OVER - \$2.00  
 REQUIRED FEE FOR GUESTS UNDER 60 -  
 \$10.00

CASH PREFERRED  
 MENU ITEMS ARE SUBJECT TO CHANGE.

SCHENECTADY COUNTY SENIOR &  
 LONGTERM CARE WEBSITE:  
 WWW.SCHENECTADYCOUNTYNY.GOV

NY CONNECTS  
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Aetna Presentation 1</b> Gnocchi w/ Meat Sauce Green Salad Strawberry Applesauce	2	<b>Cinco de Mayo Craft 3</b> Turkey Tacos Pico de Gallo Mexican Brown Rice Chocolate Banana
<b>Painting W/ Bianca 6</b> Eggplant & Chicken Parm Pasta & Sauce Ice Cream & Berries	7	<b>Guess Who 8</b> Scrambled Eggs Turkey Sausage Home Fries Oatmeal/Pancakes Fruit Salad	9	<b>BINGO 10</b> Baked Cod Brussels Sprouts Lentil & Rice Pilaf Spinach Dip & Pita Fresh Apple Square
<b>BIG BINGO 13</b> Italian Wedding Soup Grilled Cheese Cucumber Salad Mandarin Oranges	14	<b>Chair Exercise 15</b> Pork Loin Peas & Corn Couscous Strawberry Cheesecake Pie	16	<b>Scavenger Hunt 17</b> Baked Salmon Italian Veggies Quinoa Pilaf Fluff Cake
<b>Build a Flower Word Game 20</b> Chicken Parm Sub Green Salad Strawberry Applesauce	21	<b>CRAFTS 22</b> Veggie Quiche Turkey Sausage Waffles & Berries Apple Crisp	23	<b>Memorial Day Picnic 24</b> Hamburger Broccoli Slaw Roasted Potatoes Berry Parfait
<b>Memoial Day 27</b>  Closed	28	<b>UNO 29</b> Chicken Cordon Bleu Squares Mashed Potato Peas & Carrots Rice Pudding	30	<b>Birthday Celebration 31</b> Vegan Burger Roasted Potato Cabbage Slaw Fruit Salad

THE SENIOR NUTRITION PROGRAM HELD AT OUR LADY OF FATIMA IS OPERATED BY SIMONE'S UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

*Delia L. P. N. 5/1/24*

# MAY 2024

GLENVILLE SENIOR CENTER  
 32 WORDEN ROAD,  
 GLENVILLE, NY 12302  
 MONDAY THRU FRIDAY  
 10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.  
 1% MILK IS SERVED DAILY  
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Monday	Tuesday	Wednesday	Thursday	Friday
		<b>BINGO</b> 1 Egg Salad on Bun Marinated Carrots Beet & Onion Salad L/S Potato Chips Fruit Cocktail	<b>Crosswords</b> 2 Sweet & Sour Pork Rice Pilaf Asian Vegetables Pears	<b>Freebie Friday</b> 3 Turkey Tetrizzini Stewed Tomatoes Mixed Vegetables Fresh Orange
<b>Weekend Recap</b> 6 Bourbon Chicken Red Bliss Potatoes Veggie Trio Shortbread Cookies	<b>Music Trivia</b> 7 Seafood cake with Dijon Sauce Rice Pilaf Beets Applesauce	<b>BINGO</b> 8 Pasta alla Norma Meatballs in Red Sauce Spinach Mandarin Oranges	<b>Show n Tell</b> 9 Turkey Meatloaf with Mushroom Gravy Mashed Potatoes Broccoli Peaches	<b>Hand Bells Concert</b> 10 <b>12:30pm</b> Chicken Florentine Orzo Pasta Asparagus Lemon Cake
<b>Monday Reading</b> 13 Breaded Fish Tartar Sauce Mac & Cheese Spinach Mandarin Oranges	<b>Floral Arrangements</b> 14 Swiss Steak with Gravy Mashed Potatoes Veggie Trio Chocolate Cookies	<b>BINGO</b> 15 Garlic Parmesan Chicken Buttered Noodles Peas & Carrots Applesauce	<b>Name that Tune</b> 16 Quiche Casserole Hash Browns Berry Crisp Bran Muffin Fresh Orange	<b>Friday Fun Day</b> 17 Baked Ham Green Beans Whipped Potatoes Pineapple Upside Down Cake
<b>Weekend Recap</b> 20 BBQ Pulled Pork On Bun Cabbage Carrots Oatmeal Cookies	<b>Favorite Commercials</b> 21 Orange Ginger Chicken Rice Pilaf Asian Vegetables Yogurt	<b>AETNA Presentation</b> 22 Sausage and Peppers Baked Beans Roast Sweet Potatoes Mixed Fruit Cup	<b>BOCCE</b> 23 Roast Beef with Gravy Mashed Potatoes Mixed Veggies Mandarin Oranges	<b>Senior Choice</b> 24 Chicken Cacciatore Pasta Marinara Fruit Cocktail
<b>Memorial Day</b> 27 <b>Closed</b>	<b>Memorial Day Celebration</b> 28 Chicken with Curry Cream Sauce Rice Pilaf Peas and Carrots Mandarin Oranges	<b>Birthday Celebration</b> 29 Roast Pork with Gravy Mashed Potatoes Spinach Applesauce	<b>Laughing with Paint</b> 30 Stuff Shells with Meat Sauce Veggie Trio Warm Peach Crisp Yogurt	<b>BINGO</b> 31 Tuna Salad on Bun Macaroni Salad Tom & Cuke Salad LS Potato Chips Banana

THE SENIOR NUTRITION PROGRAM HELD AT GLENVILLE SENIOR CENTER IS OPERATED BY MAZZONE'S UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

*John Vint, RDW 4/24/24*



# MAY 2024

**JEWISH COMMUNITY CENTER**  
**2565 BALLTOWN ROAD,**  
**NISKAYUNA, NY 12309**  
**MONDAY, WEDNESDAY,**  
**FRIDAY 10:00AM-1:00PM**



BREAD IS PROVIDED WITH EVERY MEAL.  
 1% MILK FOR THE WEEK IS GIVEN ON  
 WEDNESDAYS.

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NY CONNECTS  
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>May Day - Flower craft</b> 1 Salmon Roasted Carrots Broccoli Brown Rice Pilaf Brownie	2	<b>Star Wars Bingo</b> 3 May the 4th be With You! Apricot Rosemary Chicken Mixed Vegetables Brown Rice Cobbler
<b>Sing Along for Seniors</b> 6 Beef Meatballs & Pasta Mixed Vegetables Fruit Cocktail	7	<b>Pets and Health How Animals &amp; Nature Improve Long Term Health</b> 8 Turkey Meatloaf Peas & Carrots Whipped Sweet Potatoes Melon	9	<b>Eurovision Day: Abba Word Search</b> 10 PChicken Cacciatoree Mixed Vegetables Brown Rice Cobbler
<b>Monday Team Trivia</b> 13 Chicken & Dumpling Pot Pie Bean Salad Apple Sauce	14	<b>Cornell Corp. Presentation</b> 15 Beef Tacos Brown Rice Sautéed Peppers & Onions Fresh Fruit	16	<b>Get outdoors: Picnic!</b> 17 Pot Roast w/ Vegetables Roasted Potatoes Cobbler
<b>Collage Painting</b> 20 American Goulash Green Beans Fresh Citrus	21	<b>Our Stories Matter: Journal Project</b> 22 Turkey Shephard's Pie Coleslaw Fruit Cup	23	<b>Rebus Puzzles</b> 24 Brisket Kasha Pilaf Fresh Roasted Vegetables Cobbler
<b>Craft Project: Bird Seed Wreaths</b> 27 Roast Turkey Peas & Carrots Whipped Sweet Potatoes Stuffing Pineapple	28	<b>The Personal Dangers of Dehydration</b> 29 Roasted Carrots Broccoli Brown Rice Pilaf Brownie	30	<b>BINGO</b> 31 Apricot Rosemary Chicken Mixed Vegetables Brown Rice Cobbler

THE SENIOR NUTRITION PROGRAM HELD AT SCHEMETADY JEWISH COMMUNITY CENTER IS OPERATED BY 518 KOSHER UNDER CONTRACT WITH THE SCHEMETADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHEMETADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

*Dina Lital, RDW 4/29/24*

# MAY 2024

TEN EYCK  
375 BROADWAY,  
SCHENECTADY, NY 12305  
MONDAY THRU FRIDAY  
10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.  
1% MILK FOR THE WEEK IS GIVEN ON  
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Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Just Breath</b> 1 Gnocchii w/ Meat Sauce Green Salad Strawberry Applesauce	<b>BINGO</b> 2 Zucchini Boats Quinoa & Lentil Pilaf Italian Bread Grapes	<b>Painting w/ Alba</b> 3 Eggplant & Chicken Parm Pasta & Sauce Ice Cream & Berries
<b>Cinco De Mayo</b> 6 Turkey Tacos Pico de Gallo Mexican Brown Rice Chocolate Banana Bread	<b>The May Game</b> 7 Turkey Bean Sloppy Joe Carrots & Peas Cherry Crisp	<b>Day 1 Corn Hole Competition</b> 8 Scrambled Eggs & Turkey Sausage Home Fries/Oatmeal Pancakes Fruit Salad	<b>BINGO</b> 9 Spaghetti w/ Meat Sauce Garden Salad Banana	<b>AETNA</b> 10 Baked Cod Brussels Sprouts Lentil & Rice Pilaf Spinach Dip w/ Pita Fresh Apple Square
<b>Mothers Day Brunch</b> 13 Italian Wedding Soup Grilled Cheese Cucumber Salad Mandarin Oranges	<b>Guess Who</b> 14 Turkey Veg Loaf Carrots & Broccoli Baked Potato Oatmeal Cookie	<b>Day 2 Corn Hole Competition</b> 15 Pork Loin Peas & Corn Couscous Strawberry Cheesecake Pie	<b>BINGO</b> 16 Zucchini Fritters Lentil Veggie Soup Banana	<b>Cornell's Presentation</b> 17 Baked Salmon Italian Veggies Quinoa Pilaf Fluff Cake
<b>Chair/Exercise Mingle</b> 20 Chicken Parm Sub Green Salad Strawberry Applesauce	<b>Birthday Celebration</b> 21 Baked Cod Green Beans Quinoa/Kale Tabbouli Ice Cream Sundae	<b>CLOSED TO GO MEALS</b> 22 Veggie Quiche Turkey Sausage Waffles & Berries Apple Crisp	<b>Day 3 Corn Hole Competition</b> 23 Turkey Chili Rice Tortilla Chips Banana	<b>Memorial Day Picnic</b> 24 Hamburger Broccoli Slaw Roasted Potatoes Berry Parfait
<b>Memorial Day</b> 27 <b>Closed</b>	<b>Painting with Bianca</b> 28 Beef Stew Egg Noodles Mandarin Oranges	<b>CLOSED TO GO MEALS</b> 29 Chicken Cordon Bleu Squares Mashed Potatoes Peas & Carrots Rice Pudding	<b>Day 4 Corn Hole Competition</b> 30 Turkey Tacos Pico de Gallo Mexican Brown Rice Chocolate Banana Bread	<b>BINGO</b> 31 Vegan Burger Roasted Potato Cabbage Slaw Fruit Salad

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*Dickie, RAW 5/1/24*