

JULY 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

RESERVATIONS ARE REQUIRED

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

NY CONNECTS
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
1 Site Closed	2	3 Crafts Chicken Quesadillas Vegetables Mexican Brown Rice Baked Apples w/ icecream	4	5 Site Closed
8 BINGO Ravioli w/ Meat Sauce Broccoli & Carrots Oatmeal Cookies	9	10 Stawberry Festival Philly Steak Grilled Vegetables Roasted Sweet Potato Fluffy Cake	11	12 Domino Train Game Zucchini Boats Vegetables Brown Rice Pilaf Cherry Crisp
15 UNO IMeatball Sub Caprice Baked Apple w/ Yogur	16	17 Build a flower Word Puzzle Turkey Sausage Quiche Mixed Vegetables Berries	18	19 Movie Vegetarian Burger Broccoli Slaw Potato
22 BINGO American Breakfast Homefries & Pancakes Berries Fruit Salad	23	24 Summer Fun Pork Ribs Green Beans & Mushrooms Quinoa Pilaf Pumpkin Pie	25	26 HIICAP Presentation Baked Flounder Brussel Sprouts Hummus / Tomato Salsa
29 Name that Tune Roast Beef Mashed Sweet Potato Carrots/Asparagus Whole Grain Stuffing	30	31 Birthday Celebration Lemon Garlic Shrimp Brussel Sprouts Roasted Beets Wild Rice Pilaf Apple Squares		

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.

John Hill, RDMS 7/5/24

JULY 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.

CALL (518)382-8481 X 1302 TO RESERVE OR
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Monday	Tuesday	Wednesday	Thursday	Friday
Patriotic Ribbon Wands 1 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	2	4th of July Celebrations 3 Chicken Schnitzel Italian Veggies Pasta Fruit Salad	4	Red, White & Blue Painting 5 Roast Turkey Fresh Carrots Cranberry Mashed Potatoes Frosted White Cake
Fresh Squeezed Lemonade 8 Baked Salmon Green Beans Baked Potato Cup Cake	9	Leaf Print Paintings 10 Riva Chicken Roast Carrots Brown Rice Brownies	11	Puzzle Day 12 Roast Brisket Roasted Mixed Vegetables Roasted Potatoes Brown Cake
Pressed Flower Craft 15 Baked Chicken Legs Mixed Vegetables Cole Slaw Fresh Fruit	16	BINGO 17 Turkey Meat Loaf Peas & Carrots Whipped Potatoes Cup Cake	18	BINGO 19 Chicken Francaise Mixed Vegetables Potato Chocolate Cookies
Bean Bag Toss Competition 22 Greek Chicken Mixed Garden Salad Basmati Rice Fresh Whole Fruit	23	Cornell Presentation 24 Stuffed Cabbage Zucchini & Carrots Fruit Cocktail	25	Board Games 26 Pot Roast Potato Roasted Vegetables Lemon Cake
Trivia Pursuit 29 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	30	Birthday Celebration 31 Chicken Schnitzel Italian Veggies Pasta Fruit Salad		

THE SENIOR NUTRITION PROGRAM HELD AT SCHENECTADY JEWISH COMMUNITY CENTER IS OPERATED BY 518 KOSHER 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.

DM Mill, PDW 7/5/24

JULY 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
 CALL (518)382-8481 X 1302 TO RESERVE OR
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NY CONNECTS
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Monday	Tuesday	Wednesday	Thursday	Friday
Weekend Recap 1 BBQ Pork on a Bun Cabbage Carrots Oatmeal Cookies	BINGO 2 Orange Ginger Chicken Rice Pilaf Asian Vegetables Yogurt	BINGO 3 Hot Dog with Meat Sauce Baked Beans Warm Potato Salad Frosted Cake	Closed 4 Happy 4th of July	4th of July Celebration 5 Pot Roast with Gravy Mashed Potatoes Broccoli Mandarin Oranges
Weekend Recap 8 Salisbury Steak with Gravy Egg Noodles Carrots Fruit Cocktail	Name that Tune 9 Roast Pork with Gravy Mashed Potatoes Spinach Applesauce	BINGO 10 Stuffed Shells with Meat Sauce Veggie Trio Peach Crisp Fruit & Nut Mix	Summer Fun 11 Chicken with Curry Cream Sauce Rice Pilaf Peas & Carrots Mandarin Oranges	Team Trivia 12 Ham & Swiss with Mustard on Bun Cole Slaw Green Bean Salad Banana
Monday Reading 15 Sausage with Peppers and Onions on Bun Cranberry Crisp Spinach Applesauce	Game Day 16 BBQ Chicken Home Fries Veggie Trio Yogurt	BINGO 17 Breaded Fish with Tarragon Sauce Orzo Pasta Peas & Carrots Pears	Benefits of Farm Stands 18 Spanish Chicken and Rice Broccoli Berry Crisp Graham Crackers	Fun Jokes 19 Goulash Yellow Squash Green Beans Corn Muffin Fruit Cocktail
Weekend Recap 22 Chicken with Lemon Sauce Orzo Pasta California Veggies Peaches	Favorite Commercials 23 Beef Patty with Mushroom and Onions Mashed Potatoes Beets Mandarin Oranges	BINGO 24 Tuna Salad on Bun Macaroni Salad Tomato and Cucumber Salad Potato Chips Banana	BOCCE 25 Beef & Vegetable Stir Fry Rice Pilaf Green and Wax Beans Pears	Senior Choice 26 Chicken and Bacon Mac & Cheese Broccoli Butternut Squash Yogurt
Word of the Day 29 Seafood Cake with Dijon Sauce Mashed Sweet Potatoes Beets Applesauce	Table Volleyball 30 Chicken with Bourbon Sauce Red Bliss Potatoes Veggie Trio Shortbread Cookies	Birthday Celebration 31 Meat Lasagna Squash Medley Green Beans Frosted Cake		

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.

D. M. Hill, RDV 7/15/24

JULY 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
WEDNESDAYS.

CALL (518)382-8481 X 1302 TO RESERVE OR
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Monday	Tuesday	Wednesday	Thursday	Friday
1 Site Closed	2 BINGO Turkey Burger Watermelon-Feta Salad Potato Mandarin	3 Trivia Chicken Quesadillas Vegetables Mexican Brown Rice Baked Apples w/ icecream	4 Site Closed July 4th Holiday	5 Site Closed
8 Celebrating July 4 Ravioli w/ Meat Sauce Broccoli & Carrots Oatmeal Cookies	9 Name that Tune Turkey Burger Watermelon-Feta Salad Potatoes Mandarin Orange	10 Take A Deep Breath Philly Steak Grilled Vegetables Roasted Sweet Potato Fluffy Cake	11 BINGO Cordon Blue Squares Mashed Potato Green Beans Banana	12 Cornhole Competition Zucchini Boats Vegetables Brown Rice Pilaf Cherry Crisp
15 Memory Games Meatball Sub Caprice Baked Apple w/ Yogurt	16 BINGO Baked Cod Green Beans Kale & Quinoa Tabbouli Ice Cream	17 Craft Day Turkey Sausage Quiche Mixed Vegetables Berries	18 Jazz on Jay Street Turkey & Vegetable Chili with Cheese Baked Potato Strawberry Apple Sauce	19 Fun Friday Vegetarian Burger Broccoli Slaw Potato Brownie
22 Movie Trivia American Breakfast Homefries & Pancakes Berries Fruit Salad	23 Cornhole Beef & Vegetable Stew Brown Rice Banana	24 Favorite Commercials Pork Ribs Green Beans & Mushrooms Quinoa Pilaf Pumpkin Pie	25 BINGO Chicken Tacos Lettuce/Tomato Brown Rice Chocolate Pudding	26 Cornell Presentation Baked Flounder Brussel Sprouts Hummus / Tomato Salsa Cherry Cobbler
29 Ad Some Colors Roast Beef Mashed Sweet Potato Carrots/Asparagus Whole Grain Stuffing Berry Parfait	30 Relaxation Music Beef Taco Lettuce/Tomato Mexican Brown Rice Watermelon	31 Birthday Celebration Lemon Garlic Shrimp Brussel Sprouts Roasted Beets Wild Rice Pilaf Apple Squares		

THE SENIOR NUTRITION PROGRAM HELD AT TEN EYCK 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.

Dick Hill, RDW 7/5/24