

OCTOBER 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	One Year Celebration 2 American Turkey Goulash Vegetables Egg Noodles Ice Cream Sunday	3	Domino 4 Cordon Blue w/ Chicken, ham & Swiss Mashed Potatoes Green Beans Brownies
World Mental Health 7 Chicken Parmesan Sautéed Broccoli Pasta Strawberry Applesauce	8	BINGO 9 Carrot Ginger Soup Cold Cut Sandwich Strawberry Cheesecake	10	Create an Organizer Craft 11 Stuffed Squash with Turkey and Vegetables Rice Pilaf Cherry Crisp
CLOSED 14 Columbus Day	15	Decorate a Candy Basket 6 Italian Wedding Soup Grilled Chicken, Turkey & Swiss Cheese Banana Bread	17	Movie 18 Cheeseburger Broccoli slaw Lettuce, Tomato, Onion Strawberries
Audio Book 21 Beef Taco Rice Pilaf Mexican Dessert (Churros)	22	Domino 23 Chicken Quesadilla Onion, Pepper and Guacamole w/ mango Ice Cream	24	Cornell Presentation 25 Baked Salmon Vegetable Medley Quinoa Pilaf Fluff Cake
Games 28 Vegan Burger w/ Lettuce & Tomato Beans Coleslaw Fruit Salad	29	Guided Relaxation 30 Pork Loin Green Beans Zucchini Chips Quinoa Pilaf Pumpkin Pie	31	

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 Smith, RDN 9/25/24

OCTOBER 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
	1	Fall Puzzles Challenge 2 Riva Chicken Roast Carrots Brown Rice Brownies	3	Closed 4 Rosh Hashanah
Fall Memory Card Game 7 Baked Chicken legs Mixed Veggies Cole Slaw Fresh Fruit	8	Corn Hole Tournament 9 Turkey Meat Loaf Peas and Carrots Whipped Potatoes Fresh Fruit	10	Closed 11 Yom Kippur
CLOSED 14 Columbus Day	15	Sukkot - Learn About the Holiday 16 Stuffed Cabbage Zucchini and Carrots Fruit Cocktail	17	Closed 18 Sukkot
Pumpkin Painting 21 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	22	Autumn Games Word Games 23 Chicken Schnitzel Italian Veggies Pasta Fruit Salad	24	Closed 25 Shemini Atzeret
Autumn Trivial Pursuit & Hand out Harvest Scavenger Hunt Lists 28 Baked Salmon Green Beans Baked potato Cup cake	29	Birthday & Harvest Scavenger Hunt 30 Riva Chicken Roast Carrots Brown Rice Brownies	31	

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.

John Hillman 9/27/24

OCTOBER 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
 CANCEL MEAL.

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 \$10.00

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NY CONNECTS
 (518) 382-8481 X1

Monday

Hang Man 7
 Roast Pork with Gravy
 Mashed Potatoes
 Butternut Squash
 Applesauce

CLOSED 14
Columbus Day

Piano Performance 21
 Chicken with Fiesta Sauce
 Mashed Sweet Potatoes
 Veggie Trio
 Corn Muffin
 Peaches

Word of the Day 28
 Herb Chicken with Gravy
 Stuffing
 Beets
 Applesauce

Tuesday

Favorite Tunes 1
 Chicken with Feta Spinach Sauce
 Buttered Noodles
 Veggie Trio
 Shortbread Cookies

Corn Hole 8
 Chicken Stew
 Egg Noodles
 Lima Beans
 Fresh Orange

Cornell Presentation. 15
 Meatloaf with Gravy
 Mashed Potatoes
 California Veggies
 Choc Chip Cookies

October Fest 22
 Bratwurst
 Sauerkraut
 Spaetzle
 Apple Muffin

Pumpkin Painting 29
 Turkey with Gravy on a Bun
 Butternut Squash
 Cranberry Crunch

Wednesday

BINGO 2
 Turkey with Gravy
 Mashed Potatoes
 Butternut Squash
 Mandarin Oranges

BINGO 9
 Beef Pot Roast with Gravy
 Mashed Sweet Potatoes
 Broccoli
 Pears

BINGO 16
 Chicken with Pesto Sauce
 Egg Noodles
 Stewed Tomatoes
 Mandarin Oranges

BINGO 23
 Ham with Cranberry Mustard Sauce
 AuGratin Potatoes
 Mixed Veggies
 Frosted Cake

Birthday BINGO 30
 Breaded Fish
 Tartar Sauce
 Mac & Cheese
 Broccoli
 Chocolate Pudding

Thursday

Memory Games 3
 Meatballs in Sauce
 Pasta with Marinara
 Broccoli
 Fruit Cocktail

Favorite Memories - 70's 10
 Pasta Bake with Meat Sauce
 Veggie Trio
 Wax Beans
 Choc. Pudding

Game Day 17
 Pasta Fagioli with Sausage
 Cranberry Crunch
 Yogurt

BOCCE 24
 Spinach Quiche Bake
 O'Brien Potatoes
 Berry Crisp
 Yogurt
 Orange

Halloween Parrry 31
 Chicken Parm Casserole
 Garlic Broccoli
 Fiesta Corn
 Halloween Cupcake

Friday

BINGO 4
 Egg Salad on Bun
 Three Bean Salad
 Marinated Veg Salad
 Fresh Apple

1970's Trivia 11
 Split Pea Soup with Ham
 Cauliflower
 Apple Crisp
 Corn Muffin

Fun Jokes 18
 Teriyaki Meatballs
 Rice Pilaf
 Asian Veg. Blend
 Fruit Cocktail

Senior Choice 25
 Chicken Salad on Bun
 Macaroni Salad
 Green Bean Salad
 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 Hill, RDW 9/23/24

OCTOBER 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
CANCEL MEAL.

SUGGESTED MEAL CONTRIBUTION:
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REQUIRED FEE FOR GUESTS UNDER 60 -
\$10.00

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Monday

Tuesday

Wednesday

Thursday

Friday

Memory Games 7
Chicken Parmesan
Sautéed Broccoli
Pasta
Strawberry Applesauce

Relaxation & Breathing 1
One Pan Shrimp, Rice
and Vegetables
Carrots
Watermelon

One Year Celebration 2
American Turkey
Goulash
Vegetables
Egg Noodles
Ice Cream Sunday

Word Games 3
Ravioli w/ Meat Sauce
Zucchini /Squash Chips
Peas and Carrots
Fruit Ambrosia

Corn Hole 4
Cordon Blue w/
Chicken, Ham & Swiss
Mashed Potatoes
Green Beans
Brownies

Memory Games 7
Chicken Parmesan
Sautéed Broccoli
Pasta
Strawberry Applesauce

Audio Book 8
Pizza & Chicken Strips
Veggies
Fruit Salad

Create an Organizer 9
Carrot Ginger Soup
Cold Cut Sandwich
Strawberry Cheesecake

World Mental Health 10
Baked Flounder
Vegetable Medley
Chickpea Salad
Ice Cream/ Whipped
Cream

BINGO 11
Stuffed Squash with
Turkey and Vegetables
Rice Pilaf
Cherry Crisp

CLOSED 14
Columbus Day

Chair exercise/relaxation 15
Chicken Garlic w/
White Sauce
Sautéed Broccoli
Macaroon Bars

Decorate a Candy Basket 16
Italian Wedding Soup
Grilled Chicken, Turkey,
& Swiss Cheese
Banana Bread

Closed 17

Mingle & Color 18
Cheeseburger
Broccoli slaw
Lettuce,
Tomato, Onion
Strawberries

Audio Book 21
Beef Taco
Rice Pilaf
Mexican Dessert
(Churros)

Guided Breathing 22
Chicken Vegetable
Soup
Cucumber Salad
Pita
Watermelon

Corn Hole 23
Chicken Quesadilla
Onion, Pepper and
Guacamole w/ mango
Ice Cream

Checkers Club 24
American Breakfast
Homefries
Pancake
Oatmeal
Peach & Baked Apple

BINGO 25
Baked Salmon
Vegetable Medley
Quinoa Pilaf
Fluff Cake

Audio Book 28
Vegan Burger w/
Lettuce & Tomato
Beans
Coleslaw
Fruit Salad

Guided Relaxation 29
Beef Stew
Vegetables
Brown Rice
Banana

Corn Hole 30
Pork Loin
Green Beans
Zucchini Chips
Quinoa Pilaf
Pumpkin Pie

BINGO 31
Veggie Quiche
Fruit Salad
Pancake
Oatmeal Cookie
Apple Square

Closed

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.

Dan Hill, RDV 9/25/24