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

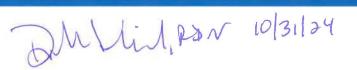
RESERVATIONS ARE REQUIRED

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

NY CONNECTS (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
				Domino 1 Cordon Blue w/ Chicken, Ham & Swiss Mashed Potatoes Green Beans Butternut Squash Rice Pudding
Thank a Veteran Cards 4 One Pan Shrimp & Rice Vegetables Carrots Watermelon	5	BINGO 6 Lentil Veg Soup Cold Cut Sandwich Lettuce, Tomato & Onion Strawberry Cheese Cake	7	Dominos 8 Stuffed Squash with Turkey and Vegetables Rice Pilaf Fruit Salad
CLOSED 11 Veteran's Day	12	Fall Arrangements 3  Italian Wedding Soup Grilled Chicken, Turkey & Swiss Cheese Banana Bread	14	Movie 15 Cheeseburger Broccoli slaw Lettuce, Tomato, Onion Strawberries
Audio Book 18  Beef Taco Rice Pilaf  Mexican Dessert (Churros)	19	Domino 20 Chicken Quesadilla Onion, Pepper and Guacamole w/ mango Grapes	21	Thanksgiving Dinner Show & Tell Turkey Carrots, Green Bean Casserole Sweet Potato, Stuffing, Pumpkin Pie
Share a Recipe Corn Hole 25  Ham Vegetable Medley Coleslaw Mashed Potato Apple Crisp	26	Guided 27 Relaxation Chicken Kabob Grilled Veggies Rice Fluff Cake	28	Closed 29 Thanksgiving

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 OLD 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.



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 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
				Bingo 1  Roast Brisket Roasted Mixed Vegetables Roasted Potatoes Brown Cake
Fall Wreath 4 Activity 4 Baked Chicken legs Mixed Veggies Cole Slaw Fresh Fruit	5	Book Swap 6 Turkey Meat Loaf Peas and Carrots Whipped Potatoes Cup Cake	7	International 8 Tongue Twisters Day Chicken Francaise Mixed Vegetables Potato Chocolate cookies
CLOSED 11 Veterans Day	12	World 13 Kindness Day  Stuffed Cabbage Zucchini and Carrots Fruit Cocktail	14	Connect 4 and 15 Table Games Pot Roast Potato Roasted Vegetables Lemon Cake
Hanging Planter w/1 8 Recycled Jars BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	19	Cornell 20 Presentation Chicken Schnitzel Italian Veggies Pasta Fruit Salad	21	Turkey Centerpiece 22 Craft Riva Chicken Roast Carrots Brown Rice Brownies
Gratitude Poster 25 Art Project 25 Baked Salmon Green Beans Baked potato Cup cake	26	Thanks Giving 27 Celebration 27 Thanksgiving Dinner	28	Closed <sup>29</sup> Thanksgiving meal to go

THE SENIOR NUTRITION PROGRAM HELD AT SCHENETADY 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.



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.

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

Cards for 4 Veterans

Monday

Roast Pork with Gravy Mashed Potatoes Asparagus Meledy Applesauce

11

CLOSED

Veteran's Day

Name that Tune 18

Roast Pork with Gravv Mashed Potatoes **Butternut Squash** Applesauce

Word of the Day 25

Chicken w/ Pesto Sauce Egg Noodles Stewed Tomatoes Mandarin Oranges

Closed

5

**Tuesday** 

Election Day

Favorite 12

BBO Beef on a Bun Cali Blend Veggies Warm Apple Crisp

> Memory 19 Games

Chicken & Biscuit Mashed Sweet Potato Lima Beans Orange

Game Day 26

Pasta Fagioli w/ Sausage Spinach Cranberry Crunch Yogurt

BINGO

Ham & Swiss on Bun Mustard Marinated Carrots Coleslaw Banana

Wednesday

BINGO 13

Chicken with Spinach Feta Sauce Rice Pilaf Veggie Trio Shortbread Cookies

> BINGO 20

Tuna Salad on a Bun Macaroni Salad Marinated Veggie Salad Fresh Apple

Birthday BINGO 27

Pot Roast with Gravy Mashed Potatoes Cali Blend Veggies Frosted Cake

Music with BOB 7

**Thursday** 

Beef with Broccoli Rice Pilaf Green & Wax Beans Fruit Cocktail

**Game Day** 

Macaroni & Cheese Butternut Squash Green Beans Mandarin Oranges

> 21 BOCCE

Pasta Bake with Meat Sauce Broccoli Wax Beans Chocolate Pudding

28

Closed

**Thansgiving** 

Fruit Cocktail 1960's Trivia

Friday

**BINGO** 

Spinach

Cauliflower

Corn Muffin

Stuff Pepper Casserole Beets Mixed Vegetables Graham Crackers Yogurt

Fun Jokes

15 Meatballs in Sauce Pasta Marinara Broccoli Fruit Cocktail

Thanksgiving 22 celebration

Furkey, Stuffing, Mashed Potatoes Gravy Green Beans Cranberry Sauce Pumpkin Pie

Closed

**Thanksgiving** 

29

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.



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: 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

### Thank a Veteran 4 Card

**Monday** 

Chicken Parmesan Sautéed Broccoli Pasta Oatmeal Cookie

#### CLOSED 11

Veteran's Day

#### **Audio Book** 18

Beef Taco Rice Pilaf Mexican Dessert (Churros)

#### Share a Recipe 25 Corn Hole

Ham Vegetable Medley Coleslaw Mashed Potato Apple Crisp

**Tuesday** 

## Closed

**Election Day** 

5

### Chair exercise/12 relaxation

Chicken Garlic w/ White Sauce Green Beans Macaroon Bars

#### Guided 19 Breathing

Chicken Vegetable Soup Cucumber Salad Pita Watermelon

#### Guided 26 Relaxation

Beef Stew Vegetables Brown Rice Banana

## Fall Arrangement 6

Lentil Veg Soup Cold Cut Sandwich ettuce, Tomato, Onion rawberry Cheesecake

Wednesday

### Memory Games 13

Italian Wedding Soup Grilled Chicken, Turkey & Swiss Cheese Banana Bread

## Corn Hole 20

27

Chicken Quesadilla Onion, Pepper and Guacamole w/ mango Grapes

## Corn Hole

Chicken Kabob **Grilled Veggies** Rice 2 Ingredient Cake

## **Thursday**

Birthday

Celebration

Baked Flounder

Spaghetti Squash

Vegetable Medley

Chickpea Salad

Cherry Crisp

BINGO

Turkey Vegetable Loaf

Broccoli & Carrots

Baked Potato

Oatmeal Cookies

Checkers Club 21

American Breakfast

Homefries

Pancake

Oatmeal

Peach & Baked Apple

Closed

**Thanksgiving** 

14

28

### Corn Hole

**Friday** 

Cordon Blue w/ Chicken, Ham & Swiss Mashed Potatoes Green Beans Butternut Squash Rice Pudding

#### BINGO

8

Stuffed Squash with Turkey and Vegetables Rice Pilaf Fruit Salad

### Mingle & Color

Cheeseburger Broccoli slaw Lettuce. Tomato, Onion Strawberries

## Cornell Presentation 2

Turkey Carrots, Green Bean Casserole Sweet Potato, Stuffing, Pumpkin Pie

## Closed 29

**Thanksgiving** 

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