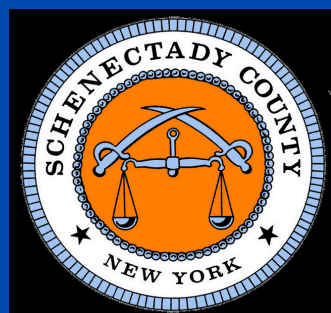


JANUARY 2025

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
	<i>Deborah Griswold, RDN 12/20/24</i>	CLOSED 1 NEW YEARS DAY	2	BINGO 3 Stuffed Squash with Turkey and Vegetables Rice Pilaf Cherry Crisp
Dominos 6 American Breakfast Home Fries Baked Apples Pancakes Oatmeal Banana Bread	7	Show and Tell 8 Split Peas & Ham Soup Garden Salad Potato Peach	9	Add Your Colors 10 Cheeseburger Cabbage Slaw Strawberries
Corn Hole 13 Turkey Chili Rice Tortilla Chips Yogurt Sunday	14	Fun Craft 15 Chicken Kabob Garden Salad Chickpea Salad Baked Apple	16	Movie 17 Baked Salmon Vegetable Medley Quinoa Pilaf Fluff Cake
CLOSED 20 Martin Luther King Day	21	Memory Game 22 Ham Green Beans Applesauce Quinoa Pilaf Apple Pie	23	Birthday Celebration 24 Mexican Chicken Soup w/ Vegetables Tortilla Chips Brown Rice Pilaf Cherry Cobbler
Dominos 27 Philly Steak w/ Onions and Peppers Garden Salad Apple Pie	28	Mingle 29 American Turkey Goulash Vegetables Egg Noodles Watermelon	30	BINGO 31 Turkey Sheppard Pie Brussel Sprouts Sweet Potato Strawberries

JANUARY 2025

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:
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 \$10.00

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 LONGTERM CARE WEBSITE:
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NY CONNECTS
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR HOLIDAY New Year's Day	2	Winter Reminiscing & Conversation 3 Chicken Francaise Mixed Vegetables Potato Chocolate cookies
Rebus Puzzles 6 Greek Chicken Mixed Garden Salad Basmati Rice Fresh Whole Fruit	7	Elvis Trivia & Music 8 Stuffed Cabbage Zucchini and Carrots Fruit Cocktail	9	BINGO 10 Pot Roast Potato Roasted Vegetables Lemon Cake
Tea Party for National Tea Day 13 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	14	Cornell Corporate 15 Chicken Schnitzel Italian Veggies Pasta Fruit Salad	16	Indoor "snowball" Fight 17 Roast Turkey Fresh Carrots Cranberry Sauce Mashed potatoes White cake
20 CLOSED FOR HOLIDAY Martin Luther King Day	21	Book Club & Birthday Celebration 22 Riva Chicken Roast Carrots Brown Rice Brownies	23	Pass on Compliments Day 24 Roast Brisket Roasted Mixed Vegetables Roasted Potatoes Brown Cake
Holocaust Remembrance Day: Guest Speaker 27 Baked Chicken legs Mixed Veggies Cole Slaw Fresh Fruit	28	Chinese Lanterns 29 For Chinese New Year Turkey Meat Loaf Peas and Carrots Whipped Potatoes Cup Cake	30	What is it? Sensory 31 Box Game Chicken Francaise Mixed Vegetables Potato Chocolate cookies

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 King, RDH 12/19/24

JANUARY 2025

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

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

NY CONNECTS
 (518) 382-8481 X1

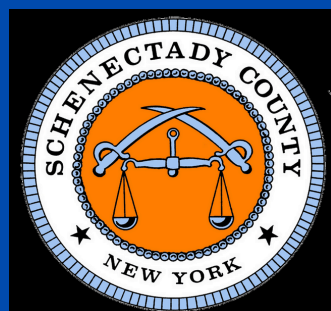
Monday	Tuesday	Wednesday	Thursday	Friday
		CLOSED 1 NEW YEAR'S DAY	New Year Celebration 2 Chicken with Marsala Sauce Parmesan Noodles Peas Mandarin Oranges	Favorite Memory 3 LS Ham with Cran Mustard Sauce Au Gratin Potatoes Green Beans Blueberry Pie
Paint a picture 6 Chicken in gravy with Biscuit Broccoli Butternut Squash Shortbread Cookies	Wheel of Fortune 7 Fiesta Meatloaf Mashed Potatoes Mixed Vegetables Applesauce	BINGO 8 Breaded Fish Tartar Sauce Home Fries Carrots Corn Muffin Orange	Toss the Ball 9 Shepards Pie Spinach Cranberry Crunch Pears	1960's Trivia 10 Eggplant Parmesan Pasta with Marinara Sauce Asparagus Veg Medley Mandarin Oranges
Build Your Own 3 Peguin Pork & Bean Casserole Broccoli Apple Crisp	Trivia 14 Turkey with Divan Sauce Mashed Potatoes Butternut Squash Applesauce	BINGO 15 Ham and Swiss Cheese Sandwich Three Bean Salad Marinated Carrots Mandarin Oranges	Bird Seed Ornament 16 Pasta and Meatballs in Sauce Vegetable Trio Yogurt	Sharing Time 17 Beef & Broccoli Rice Pilaf Green & Wax Beans Fruit Cocktail
CLOSED 20 Martin Luther King Day	Funny Stories 21 Baked Chicken with Gravy Mashed Sweet Pot Vegetable Trio Choc Chip Cookies	Birthday Celebration 22 Sliced Pork with Gravy Mashed Potatoes Beets Frosted Cake	Piano Music 23 Italian Stew Egg Noodles Green Beans SF Vanilla Pudding	Favorite Commercial 24 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
Friendship Bracelets 27 Meatloaf with Gravy Mashed Potatoes Asparagus Veg Medley Shortbread Cookies	Celebrating Music 28 Ranch Chicken Oven Potatoes California Vegetables Corn Muffin Peaches	BINGO 29 Tuna Salad on Bun Macaroni Salad Marinated Green Beans LS Potato Chips Banana	50's Music 30 Pot Roast with Gravy Mashed Sweet Potatoes Mixed Vegetables Applesauce	Memory Games 31 Pasta Bake with Meat Sauce Broccoli Berry Crisp

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 Lind, RDW 12/20/24

JANUARY 2025

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.

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NY CONNECTS
(518) 382-8481 X1

Monday

Deborah Griswold, RDN 12/20/24

**Chair Exercise/
Relaxation 6**
American Breakfast
Home Fries
Baked Apples
Pancakes
Oatmeal
Banana Bread

Corn Hole 13
Turkey Chili
Rice
Tortilla Chips
Yougurt Sunday

CLOSED 20
**Martin Luther
King
Day**

Show and Tell 27
Philly Steak w/ Onions
& Peppers
Garden Salad
Apple Pie

Tuesday

Deborah Griswold, RDN 12/20/24

Checkers Club 7
Chicken Garlic w/ White
Sauce
Sautéed Broccoli
Pasta
Macaroon Bars

Games Day 14
Chicken Vegetable
Soup
Cucumber Salad
Banana Pudding

Roll the Dice 21
Lasagna w/ Beef
Peas & Carrots
Banana

**Share your
Favorite Song 28**
One Pan Shrimp and
Rice
Veggies and Carrots
Ice cream SUNDAY

Wednesday

CLOSED 1
NEW YEARS DAY

BINGO 8
Split Peas & Ham Soup
Garden Salad
Potato
Peach

Fun Craft 15
Chicken Kabob
Garden Salad
Chickpea Salad
Baked Apple

Movie 22
Ham
Green Beans
Applesauce
Quinoa Pilaf
Apple Pie

Checkers 29
American Turkey
Goulash
Egg Noodles
Watermelon

Thursday

Memory Games 2
Baked Flounder
Vegetable Medley
Chickpea Salad
Berries Parfait

Mingle & Chat 9
Turkey Vegetable Loaf
w/ Broccoli & Carrots
Baked Potato
Oatmeal Cookies

BINGO 16
Cordon Blue
Mashed Potato
Green Beans
Brownies

Add Your Colors 23
Beef Stew
with Vegetables
Brown Rice
Banana

BINGO 30
Baked Flounder
Asparagus
Baked Potato
Pears

Friday

BINGO 3
Stuffed Squash
with Turkey and
Vegetables
Rice Pilaf
Cherry Crisp

Show & Tell 10
Cheeseburger
Cabbage Slaw
Strawberries

Corn Hole 17
Baked Salmon
Vegetable Medley
Quinoa Pilaf
Fluff Cake

**Cornell
Presentation 24**
Mexican Chicken Soup
with Vegetables
Brown Rice
Cherry Cobbler

**Birthday
Celebration 31**
Turkey Sheppard Pie
Brussel Sprouts
Sweet Potato
Strawberries