

MARCH 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
Women History 3 Trivia Stuffed Turkey Squash Vegetables Rice Pilaf Grapes	4	Public Health Heathy Neighborhoods Carrot Ginger Soup Turkey & Cheese Sandwich Cherry Crisp	6	Denim for Dementia Ravioli w/ Marinara Sauce Peas & Carrots Green Salad Banana
HIICAP Presentation 10 American Breakfast Crustless Quiche Waffles, Berries Oatmeal, Fluff Cake	11	Your Name Means Day 12 Split Pea and Ham Soup Pineapple	13	Art and Craft 14 Veggie Burger Cabbage Slaw Strawberry w/ Chocolate
St. Patrick's Day 17 Corn Beef, Carrots & Cabbage, Mashed Potato Fruit Salad	18	Games Day 19 Turkey Chili w/ beans and Vegetables Yogurt Sunday	20	Movie 21 Baked Salmon Vegetable Medley Quinoa Pilaf Pears
Tell Her Story 24 Philly Cheese Steak Garden Salad Banana	25	Birthday 26 Pulled Pork Green Beans Apple Sauce Quinoa Pilaf Grapes	27	Corn Hole 28 Lentil Veg Soup Greek Cucumber Salad Cherry Cobbler
Stretch 31 Beef Kabob Grilled Vegetables Hummus Banana				

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.

Dr. Lind, RDW 2/26/25

MARCH 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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NY CONNECTS
 (518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
Name String Art 3 Greek Chicken Mixed Garden Salad Basmati Rice Fresh Whole Fruit	4	Sing the Next Line Game 5 Stuffed Cabbage Zucchini and Carrots Fruit Cocktail	6	BINGO 7 Pot Roast Potato Roasted Vegetables Lemon Cake
Paint Terra Cotta Seed Pots 10 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	11	Dept. of Health Presentation 12 Chicken Schnitzel Italian Veggies Pasta Fruit Salad	13	Corn Hole 14 Roast Turkey Fresh Carrots Cranberry Sauce Mashed potatoes White cake
Lucky BINGO 17 Baked Salmon Green Beans Baked Potato Cupcake	18	Rebus Puzzles 19 Riva Chicken Roast Carrots Brown Rice Brownies	20	UNO 21 Roast Brisket Roasted Mixed Vegetables Roasted Potatoes Brown Cake
Marshmallow Building Challenge 24 Baked Chicken legs Mixed Veggies Cole Slaw Fresh Fruit	25	March Trivia Birthday Celebration 26 Turkey Meat Loaf Peas and Carrots Whipped Potatoes Cup Cake	27	Cornell Presentation 28 Chicken Francaise Mixed Vegetables Potato Chocolate cookies
Crayon Day Stained Glass Art 31 Greek Chicken Mixed Garden Salad Basmati Rice Fresh Whole Fruit				

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.

Don't miss, RDW 2/21/25

MARCH 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:

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 \$10.00

CASH PREFERRED

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SCHENECTADY COUNTY SENIOR &

LONGTERM CARE WEBSITE:

WWW.SCHENECTADYCOUNTYNY.GOV

NY CONNECTS

(518) 382-8481 X1

Monday

Craft Day 3
 Italian Stew
 Egg Noodles
 Green Beans
 Vanilla Pudding

Craft Day 10
 Pasta Bake with Meat
 Sauce
 Mixed Veggies
 Berry Crisp

St. Patrick's Day 17
 Corned Beef and
 Cabbage
 Red Potatoes
 Carrots
 Rye Dinner Roll
 Frosted Cupcake

Craft Day 24
 Pot Roast with Gravy
 Mashed Potatoes
 Asparagus Veggie
 Medley
 Pears

Craft Day 31
 Beef & Rice
 Casserole
 Broccoli
 Peach Crisp

Tuesday

Wheel of Fortune 4
 Roast Pork with Gravy
 Mashed Potatoes
 Peas
 Mandarin Oranges

**HIICAP
 Presentation 11**
 Meatloaf with Gravy
 Mashed Potatoes
 Asparagus Veg Medley
 Applesauce

Game Day 18
 Chicken Florentine
 Mashed Potatoes
 Beets
 Cookies

**SNAP
 Presentation 25**
 Ham & Swiss on Bun
 Mustard
 Cole Slaw
 Marinated Carrots
 Fig Cookies

Wednesday

BINGO 5
 Tuna Salad on Bun
 Macaroni Salad
 Marinated Green Beans
 Potato Chips
 Shortbread Cookies

BINGO 12
 Ranch Chicken
 Oven Roast Potatoes
 Cali Blend Veggies
 Cupcake

**Public Health 19
 Presentation**
 Pork with Mushroom
 Cream Sauce
 Mashed Potatoes
 Brussels Sprouts
 Pears

**Birthday
 Celebration 26**
 Chicken Marsala
 Parm. Noodles
 Creamed Peas
 Frosted Cake

Thursday

Craft Day 6
 Baked Chicken with
 Gravy
 Mashed Sweet Potato
 Cream Corn
 Chocolate Cookies

Craft Day 13
 Beef & Broccoli
 Rice Pilaf
 Green & Wax Beans
 Fruit Cocktail

Craft Day 20
 Swedish Meatballs
 Egg Noodles
 Broccoli
 Chocolate Pudding

Craft Day 27
 Shepard's Pie
 Spinach
 Cranberry Crunch
 Fruit Cocktail

Friday

Music Trivia 7
 Vegetarian Bean Chili
 Mixed Veggies
 Beets
 Corn Muffin
 Yogurt

Sharing Time 14
 Breaded Fish
 Tartar Sauce
 Mac & Cheese
 Butternut Squash
 Mandarin Oranges

**Words that
 Start with M 21**
 Tuna Noodle Casserole
 Peas & Carrots
 Cream Corn
 Brownie

**Name that
 Tune 28**
 Seafood Newburg
 Rice Pilaf
 Veggie Trio
 Bran Muffin
 Applesauce

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 Blum, RDW 2/21/25

MARCH 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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\$10.00

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Monday	Tuesday	Wednesday	Thursday	Friday
Add Some Colors 3 Baked Cod Vegetable Medley Chickpea Salad Strawberry Cheesecake	Story Time 4 Stuffed Turkey Squash Vegetables Rice Pilaf Grapes	Roll the Dice 5 Carrot Ginger Soup Turkey & Cheese Sandwich Cherry Crisp	SNAP Presentation 6 Beef Taco w/ Sour Cream, Cheese, Lettuce and Tomato Pico Berries Parfait	Denim for Dementia 7 Ravioli w/ Marinara Sauce Peas & Carrots Green Salad Banana
Women History Trivia 10 American Breakfast Crustless Quiche, Waffles, Berries Oat Meal, Fluff Cake	Checkers Club 11 Chicken Garlic w/ White Sauce Sautéed Broccoli Peach	Cornell Coop Ext. Presentation 12 Split Pea and Ham Soup Garden Salad Potato Pineapple	Mingle and Chat 13 Turkey Vegetable Loaf Broccoli & Carrots Sweet Potato Oatmeal Cookie	Corn Hole 14 Veggie Burger Cabbage Slaw Strawberry w/ Chocolate
St. Patricks Day 17 Corn Beef , Carrots & Cabbage, Mashed Potato Fruit Salad	Games Day 18 Chicken Vegetable Soup Banana Pudding	Story Telling 19 Turkey Chili w/ Beans and Vegetables Yogurt Sunday	BINGO 20 Chicken Cordon Blue w/ Ham and Swiss Cheese Sweet Potato Fries Green Beans Brownies	Corn Hole 21 Baked Salmon Vegetable Medley Quinoa Pilaf Fluff Cake
BINGO 24 Philly Cheese Steak Garden Salad Banana	Roll the Dice 25 Turkey Sloppy Joe w/ Vegetables Brussell Sprouts Pasta Apple Pie	Domino 26 Pulled Pork Green Beans Apple Sauce Quinoa Pilaf Grapes	Public Health Presentation / STI/ STD 27 Beef Stew w/ Vegetables Brown Rice Watermelon	Corn Hole 28 Lentil Veg Soup Greek Cucumber Salad Cherry Cobbler
Stretch 31 Beef Kabob Grilled Vegetables Hummus Banana				

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.

Dr. Mind, RDW 2/26/25