

APRIL 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.

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

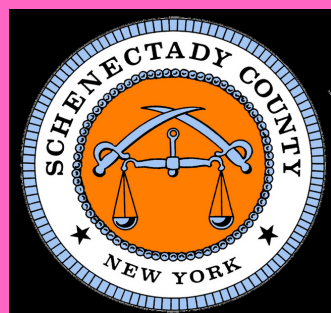
NY CONNECTS
(518) 382-8481 X1

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Celebration 1 Chicken Cordon Bleu Squares Mashed Potato Peas & Carrots Rice Pudding	2	Aetna Presenttion 3 Gnocchi w/ Meat Sauce Green Salad Strawberry Applesauce	4	BINGO 5 Eggplant & Chicken Parm Pasta & Sauce Ice Cream & Berries
UNO 8 Cabbage Roll Casserole Tzatziki Angel Food Cake w/ Berries	9	The Price is Rite 10 Scrambled Eggs Turkey Sausage Home Fries Oatmeal/Pancakes Fruit Salad	11	International Pet Day 12 Baked Cod Brussels Sprouts Lentil & Rice Pilaf Spinach Dip & Pita Fresh Apple Square
BIG BINGO 15 Italian Wedding Soup Grilled Cheese Cucumber Salad Mandarin Oranges	16	Show & Share 17 Pork Loin Peas & Corn Couscous Strawberry Cheesecake Pie	18	Spring Crafts 19 Baked Salmon Italian Veggies Quinoa Pilaf Fluff Cake
Plant Flowers/Herbs 22 Chicken Parm Sub Green Salad Strawberry Applesauce	23	St. Peter's Health Partners 24 Veggie Quiche Turkey Sausage Waffles & Berries Apple Crisp	25	Cornell Presentation 26 Hamburger Broccoli Slaw Roasted Potatoes Berry Parfait
Birthday Celebration 29 Philly Steak Sandwich Roasted Sweet Potatoes Chocolate Banana Bread	30			

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.

Don Skid Row 4/1/24

APRIL 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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Monday

Sit & Fit 1

Baked Chicken and Gravy
 Biscuit
 Butternut Squash
 Shortbread Cookies

Ethical Q's 8

Pork and White Bean
 Casserole
 Spinach
 Warm Berry Crisp

Monday Reading 15

Baked Chicken w/ Gravy
 Mashed Sw. Potato
 Veggie Trio
 Chocolate Cookies

Weekend Recap 22

Sloppy Joe on a Bun
 Spinach
 Cauliflower
 Shortbread Cookies

Monday Readings 29

Pork with Picatta
 Sauce
 Roasted Potatoes
 Butternut Squash
 Mandarin Oranges

Tuesday

Aetna Presentation 2

Pork with Fiesta Sauce
 Mash Sw. Potato
 Green Beans
 Applesauce

Flowers 9

Chicken ala King
 Egg Noodles
 Mixed Veggies
 Carrot Muffin
 Mandarin Oranges

Cornell Presentation 16

Beef Pepper Steak
 Couscous Pilaf
 Mixed Veggies
 Tropical Fruit

St. Peter's Health Partners 23

Ranch Chicken
 Roast Potatoes
 Mixed Veggies
 Corn Muffin
 Peaches

Trivia 30

Shepard's Pie
 Spinach
 Cranberry Crunch
 Applesauce

Wednesday

Jazzy Fellows 3

Music
 Salisbury Steak with Gravy
 Mashed Potatoes
 Veggie Trio
 Chocolate Pudding

BINGO 10

Meatballs in Sauce
 Pasta Marinara
 Broccoli
 Fruit Cocktail

Stir Fry with the Chef 17

Roast Pork with Gravy
 Mashed Potatoes
 Beets
 Mandarin Oranges

Birthday Celebration 24

Turkey Salad on a Bun
 Coleslaw
 Marinated Green Beans
 Frosted Cake

Thursday

Crosswords 4

Scalloped Ham and
 Potatoes
 Peas & Carrots
 Lima Beans
 Orange

Checkers 11

Turkey Divan
 Mashed Potatoes
 Butternut Squash
 Applesauce

Name that Tune 18

Italian Stew
 Orzo Pasta
 Green Beans
 Vanilla Pudding

BOCCE 25

Meatloaf with Gravy
 Mashed Potatoes
 Veggie Trio
 Shortbread Cookies

Friday

Freebie Friday 5

Eggplant Parm
 Pasta and Marinara
 Asparagus
 Yogurt

Senior Choice 12

Ham & Swiss on a Bun
 Potato Salad
 Marinated Vegetable Salad
 Banana

Do you Remember 19

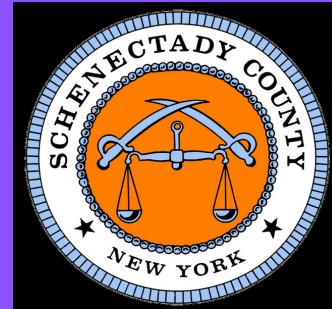
Tuna Noodle Casserole
 Peas & Carrots
 Broccoli
 Corn Muffin
 Banana

Senior Choice 26

Turkey Chili
 Beets
 Mixed Veggies
 Corn Muffin
 Yogurt

MAY 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
		May Day - Flower craft 1 Salmon Roasted Carrots Broccoli Brown Rice Pilaf Brownie	2	Star Wars Bingo May the 4th be With You! 3 Apricot Rosemary Chicken Mixed Vegetables Brown Rice Cobbler
Sing Along for Seniors 6 Beef Meatballs & Pasta Mixed Vegetables Fruit Cocktail	7	Pets and Health How Animals & Nature Improve Long Term Health 8 Turkey Meatloaf Peas & Carrots Whipped Sweet Potatoes Melon	9	Eurovision Day: Abba Word Search 10 PChicken Cacciatoree Mixed Vegetables Brown Rice Cobbler
Monday Team Trivia 13 Chicken & Dumpling Pot Pie Bean Salad Apple Sauce	14	Cornell Corp. Presentation 15 Beef Tacos Brown Rice Sautéed Peppers & Onions Fresh Fruit	16	Get outdoors: Picnic! 17 Pot Roast w/ Vegetables Roasted Potatoes Cobbler
Collage Painting 20 American Goulash Green Beans Fresh Citrus	21	Our Stories Matter: Journal Project 22 Turkey Shephard's Pie Coleslaw Fruit Cup	23	Rebus Puzzles 24 Brisket Kasha Pilaf Fresh Roasted Vegetables Cobbler
Craft Project: Bird Seed Wreaths 27 Roast Turkey Peas & Carrots Whipped Sweet Potatoes Stuffing Pineapple	28	The Personal Dangers of Dehydration 29 Roasted Carrots Broccoli Brown Rice Pilaf Brownie	30	BINGO 31 Apricot Rosemary Chicken Mixed Vegetables Brown Rice Cobbler

APRIL 2024

TEN EYCK
375 BROADWAY,
SCHENECTADY, NY 12305
MONDAY THRU FRIDAY
10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.
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WEDNESDAYS.

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Monday

Memory Games 1
Chicken Cordon Bleu
Squares
Mashed Potatoes
Peas & Carrots
Rice Pudding

Painting with Bianca 8
Cabbage Roll
Casserole
Tzatziki
Angel Food Cake w/
Berries

International Ant Day 15
Italian Wedding Soup
Grilled Cheese
Cucumber Salad
Mandarin Oranges

St. Peter's Health Partners 22
Chicken Parm Sub
Green Salad
Strawberry
Applesauce

Jazz Day 29
Philly Steak Sandwich
Roasted Sweet Potatoes
Chocolate Banana
Bread

Tuesday

Grab and Go 2
Turkey Tacos
Pico de Gallo
Mexican Brown Rice
Chocolate Banana Bread

Spring Craft 9
Turkey Bean Sloppy
Joe
Carrots & Peas
Cherry Crisp

Mingle and Socializer 16
Turkey Veg Loaf
Carrots & Broccoli
Baked Potato
Oatmeal Cookie

Spanish Language Day 23
Baked Cod
Green Beans
Quinoa/Kale Tabbouli
Ice Cream Sundae

Painting with Bianca 30
Beef Stew
Egg Noodles
Mandarin
Oranges

Wednesday

Build a Birdhouse 3
Gnocchii w/
Meat Sauce
Green Salad
Strawberry Applesauce

Thank a Volunteer 10
Scrambled Eggs & Turkey
Sausage
Home Fries/Oatmeal
Pancakes
Fruit Salad

Origami 17
Pork Loin
Peas & Corn
Couscous
Strawberry Cheesecake
Pie

Relaxation Music 24
Veggie Quiche
Turkey Sausage
Waffles & Berries
Apple Crisp

Thursday

Aetna Presentation 4
Zucchini Boats
Quinoa & Lentil Pilaf
Italian Bread
Grapes

Guess Who 11
Spaghetti w/ Meat
Sauce
Garden Salad
Banana

Five Spanish Words 18
Zucchini Fritters
Lentil Veggie Soup
Banana

BINGO 25
Turkey Chili
Rice
Tortilla Chips
Banana

Friday

International Peace Day 5
Eggplant & Chicken
Parm
Pasta & Sauce
Ice Cream & Berries

BINGO 12
Baked Cod
Brussels Sprouts
Lentil & Rice Pilaf
Spinach Dip w/ Pita
Fresh Apple Square

BINGO 19
Baked Salmon
Italian Veggies
Quinoa Pilaf
Fluff Cake

Breathing & Chair Exercise 26
Hamburger
Broccoli Slaw
Roasted Potatoes
Berry Parfait

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Dh Link, PDW 4/1/24