

GREENE COUNTY SENIOR CITIZENS CLUBS

CAIRO:
CAIRO GOLDEN AGERS
2nd & 4th monthly Wednesday
1:30 p.m.
Acra Community Center

CATSKILL
RIP VAN WINKLE
SENIOR CITIZENS
2nd monthly Thursday
1:00 p.m.
Washington Irving Center

CATSKILL SENIOR
FELLOWSHIP
3rd monthly Thursday
1:00 p.m.
Washington Irving Center

ATHENS:
ATHENS SR. CITIZENS
2nd & 4th monthly Monday
1:15 p.m.
Rivertown Senior Center

COXSACKIE:
BETHANY VILLAGE
TENANTS ASSOC.
3rd monthly Wednesday
1:15 pm
Van Heest Hall

COXSACKIE AREA SRS.
2nd & 4th monthly Wednesday
1:15 p.m.
Van Heest Hall,
Bethany Village

SR. CITIZENS of COXSACKIE
1st & 3rd monthly Monday
1:30 p.m.
Coxsackie Center


Calling All Seniors!
GREENVILLE:
GREENVILLE GOLDEN YEARS
1st monthly Wednesday
1:30 p.m.
American Legion Hall

MOUNTAIN-TOP:
MTN. TOP
GOLDEN AGERS
4th monthly Thursday
1:30p.m.
Tannersville Village Hall

W-A-J-P-L
GOLDEN AGERS
1st & 3rd monthly Monday
1:30 p.m.
Hensonville Town Bldg.

Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

JULY 2015

FARM to TABLE NOW IN GREENE COUNTY

One of the biggest trends in the culinary world today is the **FARM to TABLE** movement. The phrase ofarm to tableö is a buzzword referring to food made with locally sourced ingredients. Our society is in a rapid state of technological innovation, which means that we often compromise health and nutrition for the sake of convenience, hence the popularity of fast food and TV dinners. However, a growing number of consumers have started to seek healthier and more environmentally friendly alternatives to the processed foods that dominate grocery store shelves.

Here in Greene County, the Greene County Department of Human Services Senior Nutrition Program is doing its part by participating in the program. During the month of June, we served local farm-fresh strawberries from Story Farm in Kiskatom and fresh spinach from Black Horse Farms in Athens. In July, we will feature zucchini and watermelon from Story Farm while in August we will offer corn on the cob from Black Horse Farms and seasonal fruit from Bulich Creekside Farm in Leeds. Check the menus inside for specific dates.



FARMERS' MARKET CHECKS AVAILABLE



Each summer, the New York State Farmers' Market Nutrition Program (FMNP) provides a booklet containing twenty dollars (five/\$4) worth of checks to low-income senior citizens through the Senior Nutrition Program. The Greene County Department of Human Services announced that the FarmersøMarket Nutrition Program checks are available this year as of June 15.

Here in Greene County, participating locations are Coxsackie Riverside Farmersø Market; Black Horse Farms in Athens and Bulich Creekside Farm in Leeds. **Consumers are reminded that checks are not accepted by all farmers at the Riverside Farmers' Market. They can only be redeemed with a participating farmer.** When wishing to use a FMNP check, look for the sign that states the booth is a participating farmer or be sure to ask if there is no sign.

To be eligible for the program, applicants must be at least 60 years of age with a household monthly income less than \$1,815 for an individual or \$2,456 for a couple, or seniors receiving benefits through SSI, Public Assistance, or Section 8 Housing. Additionally, they cannot receive FarmersøMarket checks from any other location. **Checks must be picked up in person at a designated location.** The party applying for the checks **MUST** complete the application. Proxies are not accepted. Checks can not be sent through the mail.

Booklets can be picked up at the DHS office (411 Main Street, Catskill) weekdays between 9:30 a.m. and 4:00 p.m. Other locations are:

- Bethany Village Housing: See Pat Gessner Monday, Tuesday or Thursday
- Acra Senior Nutrition Site (Acra Community Center) ö Wednesday, July 8, 11:00 am
- Washington Irving Senior Center, Catskill ö Thursday, July 9, 11:00 am
- Rivertown Senior Apartments (Athens); Fairground Estates (Cairo); Autumn Grove, Kaaterskill Manor & Orchard Estates (Catskill) ö Call office at 719-3555 for dates & times

Any questions can be addressed by contacting the Greene County Department of Human Services. The FarmersøMarket Nutrition Program is sponsored by the New York State Department of Agriculture and Markets, New York State Department of Health, New York State Office for Aging, Cornell Cooperative Extension and the U. S. Department of Agriculture Food and Nutrition Service.

GCDHS
411 Main Street
Catskill NY 12414

S
E
A
L

H
E
R
E

SEAL HERE

SENIOR CITIZENS' ROUNDTABLE NEWS
is published monthly by
**GREENE COUNTY DEPARTMENT
of HUMAN SERVICES**
411 Main Street, Catskill, NY 12414
719-3555 Toll Free (877)794-9266
aging@discovergreene.com

EXECUTIVE DIRECTOR - Thérèse McGee Ward

Business Manager - Ken Brooks

Aging Department Coordinators:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Office Staff:

Administrative Assistant: Maureen Murphy

Case Managers: Cortney Carlson
Carol Provost

Aging Services Specialists: Andrea Benjamin-Legg
Gwen Starke
Danielle Wade

Aging Services Aide: Rose Bundy

Hamlet Bus Driver: Janet Osborn

Nutrition Van Chauffeurs: Patrick Murphy
Dave Mokszycki

Bethany Village Case Manager: Patricia Gessner

Youth Bureau Case Worker: Carrie Vedder

The office is open 8:30 a.m.-5:00 p.m. Monday thru Friday, with the exception of July & August (close at 4:30 p.m.). Agency staff specialize in a variety of subjects.

While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.



**THANK YOU
FOR YOUR SUPPORT
and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation
in appreciation for services **OR**
In memory of _____
for the following: _____ Use where most needed
_____ Home-delivered meals
_____ Homebound transportation
_____ Nutrition Program/Congregate
_____ Roundtable News
_____ In-home services _____ Senior Angel Fund
Make checks payable & mail to:
Greene County Dept. of Human Services
411 Main Street Catskill, N.Y. 12414

FUN FOR ALL AGES!!

The Greene County Youth Fair celebrates Greene County's longtime tradition of agriculture and honors the young people who will keep the legacy alive for years to come. The Fair remains one of very few fairs in New York State to offer **free admission, parking and entertainment**. More than 10,000 people come out each year for four days in July to enjoy the animals, displays, entertainment, rides, fireworks, vendors, food and much more.



LOCATION:
Angelo Canna Town Park
Cairo, N. Y.

DATES & HOURS:
Thursday July 23 8:30 a.m. - 9:00 p.m.
Friday July 24 8:30 a.m. - 9:00 p.m.
Saturday July 25 8:30 a.m. - 9:00 p.m.
Sunday July 26 9:30 a.m. - 4:00 p.m.



SMART DRIVER™ COURSE



COST FOR COURSE:

\$20.00/AARP members \$25.00/Non-members

To register for an upcoming class,
Call Mike Pirrone 945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com
or call Maureen Sullivan 943-3291

CLASS DATES & LOCATIONS

Must attend both days

TIME: 1PM – 4PM

Sept. 2 & 3 Town of Jewett Building
Beaches Corners, Jewett

Sept 16 & 17 Town of Cossackie Senior Center
Mansion Street, Cossackie

Oct. 6 & 7 Club 39 (Rivertown Senior Center)
39 Second Street, Athens

Oct. 15 & 16 Acra Community Center
Old Rte. 23B, Acra

Nov. 5 & 6 Washington Irving Sr. Center
8:30AM – 11:30AM CALL M. SULLIVAN ONLY

**MEET THE
GREENE COUNTY CHILDREN, YOUTH
& COMMUNITY ADVISORY BOARD**

The purpose of the Board is to develop and recommend policy & procedures that guide the activities of the Youth Bureau in providing opportunities that improve the lives of families and youth in Greene County. Members include seniors in our community who volunteer their time to benefit the county youth.



Board members in photo (L—R) are: Angelo Scaturro; John Scalera; Vice-Chairwoman MaryAnn Scalera; Chairwoman Pam Coloton; MaryJo Jaeger; Larry Krasjeski & Secretary Charles D'Agostino. Missing from photo Don Smith and Susan Smith Hicks.

HEALTHY SNACK IDEAS (Source: www.GAFoods.com)

When the snack attack strikes you know it's time to refuel. Having a snack is a good way to add nutritious foods to your diet and a way to keep you going in between meals. Here are some healthy snack ideas to enjoy.

DIP IT



Pita chips or pretzels
and hummus

Baby carrots; celery or cherry
tomatoes and low-fat ranch
dressing or hummus

Baked tortilla chips and salsa or
bean dip

Strawberries, apple slices or a
granola bar with low-fat yogurt

Graham crackers and applesauce

PACKED WITH PROTEIN

Deviled eggs

Cottage cheese; Greek yogurt or
string cheese with fruit

Mixed nuts; trail mix
or pumpkin seeds

Deli roll-up: Turkey, chicken or roast
beef wrapped with lettuce & slice of
tomato

Low-fat chocolate milk

Nut butter boat: Peanut or almond
butter on celery sticks or bananas
with raisins



FUN IDEAS

Cheesy popcorn: Sprinkle grated
Parmesan cheese on fat-free popcorn

Quick nachos: Reduced fat shredded
cheese on baked tortilla chips with
salsa

Yogurt parfait: Low-fat yogurt,
blueberries, strawberries and
pineapple

Snack kabob: Cheese and grapes
on pretzel sticks



Stuffed waffle cone: Fruit in a waffle
cone topped with low-fat yogurt



HAMLET SHOPPING BUS

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents over age 60, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center, before returning home. Special trips on a periodic basis.

- MONDAY:** Mountaintop
TUESDAY: Cairo/Catskill
WEDNESDAY: Athens/Coxsackie
THURSDAY: Greenville

SPECIALS:

(First come—first served basis)



COLONIE CENTER
PRICE PER PERSON: \$10.00
Payment due at time of departure/boarding.

- Thurs. July 9 - Hunter/Catskill area**
Thurs. July 23 - Athens/Coxsackie
Thurs. August 6 - Cairo/Greenville

NORTH SOUTH LAKE DAY TRIP
(Donations accepted)

RSVP Monday week of trip , no early birds
Pick-up time 9:00a.m./Return 2:30p.m.

Thurs. July 2
Athens/Coxsackie area pick-up

Thurs. July 16
Cairo/Greenville area



Thurs. August 13
Mountaintop

Boxed lunch consists of a Chicken Salad sandwich, Macaroni salad, Cookies, Watermelon, Lemonade and water.

Remember to bring your own chair and a towel (if desired).

For further information or to make a reservation, call Janet at 719-3559

Save the Date



**Greene County Dept.
of Human Services
and
Greene County Veteran's
Service Agency**

Present

Rosie the Riveter Day “Honoring the Home Front”

**Saturday, August 29, 2015
4:00 to 8:00 p.m.**

**USO Show Dancing
Food vendors**

Further details to be announced



**ARE YOU or DO YOU KNOW A
WWII or KOREAN
WAR VETERAN?**

Leatherstocking Honor Flight, a hub of the national Honor Flight Network, is an all-volunteer organization dedicated to taking veterans, *at no cost*, to Washington, D.C. to experience the World War II Memorial and other landmarks. Veterans are flown on a "first-come, first-served basis."

The Honor Flight program was developed after the 2004 dedication of the long overdue World War II Memorial so that anyone who served during that time could experience first hand this lasting tribute to their sacrifice. On June 5, 2010 thirteen World War II vets from Greene County took the initial local trip and had what one veteran called “a truly memorable experience”. Since then, there have been several other flights.

Upcoming Flights are scheduled for September 12 and October 17, 2015.

Veterans, interested in participating, may contact the Greene County Department of Human Services at 719-3555 or the Greene County Veterans Services Agency at 943-3703 for an application. All efforts and accommodations will be made for those with infirmities. Every effort will be extended (including wheelchairs and assistive devices) to make sure that veterans will be comfortable.



SOCIAL SECURITY ANNOUNCES NEW ONLINE SERVICE FOR REPLACEMENT MEDICARE CARDS

Available to Recipients with a my Social Security Account

The Social Security Administration introduced the expansion of online services available through its *my* Social Security portal available at www.socialsecurity.gov/myaccount. Carolyn W. Colvin, Acting Commissioner of Social Security, announced that Medicare beneficiaries can now obtain a replacement card if they have lost, damaged, or simply need to replace it online using a *my* Social Security account. "I'm excited about this newest online feature to the agency's *my* Social Security portal and the added convenience we're providing Medicare beneficiaries," Acting Commissioner Colvin said. "Any *my* Social Security account holder who misplaces their Medicare card will be able to request a replacement card using their online *my* Social Security account."

Requesting a replacement card through *my* Social Security account is a convenient, cost-effective and secure way to ensure Medicare beneficiaries have a critical piece of identification available when required by medical providers as proof of Medicare coverage. Simply access your online *my* Social Security account at www.socialsecurity.gov/myaccount and select the “Replacement Documents” tab. Then select “Mail my replacement Medicare card.” After you request a card, it will arrive in the mail in approximately 30 days.

my Social Security is a secure, online hub for doing business with Social Security, and more than 19 million people have created a personal account. Current Social Security beneficiaries can manage their account - change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement SSA-1099. Account holders still in the workforce can verify their earnings and obtain estimates of future benefits. In addition to those existing services, Medicare beneficiaries will now be able to request a replacement Medicare card without waiting for a replacement form in the mail.

For more information about *my* Social Security or to establish an account visit www.socialsecurity.gov/myaccount.

MEDICARE PREVENTIVE SERVICES



After you've had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a prevention plan just for you. Medicare covers one yearly wellness visit every 12 months.

You don't need to get the “Welcome to Medicare” preventive visit before getting a yearly wellness visit. If you've received the “Welcome to Medicare” preventive visit, you'll have to wait 12 months before you can get your first yearly wellness visit.

Medicare will cover a yearly wellness visit providing personalized prevention plan services at no cost to you. You can work with your physician to develop and update your personalized prevention plan. This benefit provides an ongoing focus on prevention that can be adapted as your health needs change over time. You'll pay nothing for this exam if the doctor accepts assignment.

IMPORTANT: The Yearly Wellness Visit is a preventive wellness visit and is not a “routine physical checkup”.



HOW TO AVOID PAYING MORE FOR PRESCRIPTION DRUG COVERAGE

If you've got a chronic condition that requires a lot of medication, chances are you've got your prescription drug plan figured out. If you're in tip-top shape and don't take a single pill, what's the point? When it comes to prescription drug coverage and Medicare, if you don't sign up when you're first eligible, you could pay more down the road through penalties.

Why does the federal government require you to sign up and pay a premium for something you may not use right now? Susan Morisato, President of Insurance Solutions for United HealthCare's Medicare and Retirement Services, says it's the same reason you have insurance on property. "Once your house is on fire, you can't buy homeowners insurance," says Morisato. "The whole concept of insurance is that it's a shared risk."

Prescription drug coverage is also known as Part D in Medicare. The Washington Post reports there is a lot of confusion around the penalty for signing up in time for Part D. The confusion centers on people who have coverage from a current employer, union or other group plan.

The bottom line is if you have drug coverage that meets Medicare's minimum standards you won't pay a penalty for not signing up for Part D when you become eligible.

Creditable Coverage

What are those minimum standards for prescription coverage? Coverage needs to be "creditable." This means that the coverage is expected to pay on average as much as the standard Medicare prescription drug coverage. If you have drug coverage through a group plan, that plan is required to tell you if your coverage is considered "creditable." Medicare requires your plan to send you this information at least once a year. It may come in a standalone notice or in a letter or newsletter. Keep this information; you might need to provide it when you sign up for a Medicare drug plan later.

Calculating the Penalty

If you don't have "creditable" prescription coverage, you may pay more down the road to get the Part D plan. Time runs out 63 days after you don't have a "creditable" prescription drug coverage. After that you may have to pay a penalty. The way the penalty is calculated is based on a few factors. The formula includes the base premium, amount of time you are late and a fixed percentage - one percent per month of late enrollment.

This is important because your healthcare needs may change as you age and your doctor may prescribe different or additional medications. Morisato recommends using the Open Enrollment period from October 15 to December 7 each year to reevaluate your plan and make changes as your needs change.

People who qualify for Extra Help, a Social Security program for people with limited resources and income, will not be penalized.

Sign Up for Part D

You can avoid penalties by ensuring you have prescription drug coverage. There are two ways to get a Medicare D plan. Both are through private insurance companies.

1. You can enroll in a Medicare Advantage Plan (Part C) that combines Parts A and B along with a prescription drug plan.
2. You can get a standalone Part D plan to add prescription coverage to Original Medicare.

For more information, explore MedicareMadeClear.com or contact the Medicare helpline 24 hours a day, seven days a week at 1-800-MEDICARE (1-800-633-4227), TTY 1-877-486-2048.



Volunteers are a Ray of Sunshine

CRAFTERS' TEA

RSVP's Annual Crafters' Tea was held at the Rivertown Senior Center in Athens with crafters from Athens, Cairo and Catskill attending. Participants displayed projects they were working on; exchanged patterns and enjoyed a wide array of homemade goodies.



Seen in photo above: Rosemary Graham, Phyllis Wisert, Ruth Geib, Joan Lyles and Carol Seager.



The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

JoEllen Gilooley

Bess Rodgers

Nancy Schoep

Dorothy True

*Unless we think of others and do something for them,
we miss one of the greatest sources of happiness ~
Ray L. Wilbur*



**WE DESPERATELY NEED
YOU
TO VOLUNTEER!**
**You can volunteer as little as an hour
a month or do it every day!**

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

Current volunteer shortages are on the Mountaintop and in Catskill.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?
We especially could use you.**

If interested, please contact Ruth Pforte, Volunteer Coordinator (518) 719-3555



Nutrition Notes

STAY HYDRATED WITH FRUITS & VEGGIES

If drinking the recommended eight glasses of water a day sounds like a mission impossible, don't worry. You can eat your way to good hydration as part of a cancer-preventive diet.

Mouthwatering summer fruits and vegetables are overflowing with water. These nutritious foods also supply vitamins and minerals, along with a boost to hydration, plus cancer-fighting fiber and phytochemicals.

Bread may be the staff of life, but water literally makes up our lifeblood - about 60% of our body is composed of water. That's why not having enough water (becoming hydrated) results in mild to life-threatening symptoms ranging from a dry, sticky mouth, headache and tiredness to mental confusion and heart and kidney failure.

Risk of dehydration increases after age 50. One reason is that the sensation of thirst decreases with age. Other causes include age-related changes in body composition and medication use. In fact, if you feel thirsty, that's one of the best signals that you need more water.

How Much Water do you Need?

There is no one-size-fits-all reference. That's because exercise, illness and weather all play a role in fluid needs. However, the Institute of Medicine has determined that thirteen cups for men and nine cups for women is an adequate daily intake for beverages, including drinking water.

It's easy to make plain or sparkling water taste more flavorful by adding slices of lemon, lime, cucumbers or watermelon. And if you consume enough foods with high water content, you may not need to drink quite as much to get the fluid you need. In fact, studies have shown that not eating enough fruits and vegetables can be a risk factor for dehydration.

Water makes up over 90% of the weight of many fruits, such as cantaloupe, grapefruit, strawberries and watermelon. For example, one cup of cubed watermelon, plus 3/4 cup of blueberries, provides the same amount of fluid as one cup of water. Such vegetables as broccoli, green and red cabbage, cauliflower, celery, cucumber, eggplant, lettuce, sweet peppers, radishes, zucchini and tomatoes provide the same. A salad made up with 1/2 cup lettuce, one cup sliced cucumbers and one tomato also has the same amount of fluid as one cup of water.

WATERMELON BERRY COOLER

2 1/4 cups water, almost boiling
2 green tea bags
1 tsp. packed spearmint leaves
2 tsp. wildflower or orange blossom honey
1 cup bite-size watermelon chunks
1 cup thawed frozen unsweetened raspberries
Lime slices for optional garnish
Spearmint sprigs for optional garnish



Steep tea and spearmint leaves for 3 - 5 minutes in hot water. Add the honey & set aside. In a blender, puree melon and raspberries. Add tea to fruit mixture and puree for one minute. Strain tea and fruit mixture to remove seeds and bits of spearmint leaves. Refrigerate until cold.

Pour beverage into four tall glasses with ice and garnish with lime and spearmint, if desired.

4 servings: Per serving: 60 calories, 0g total fat (0g saturated fat), 15g carbohydrate, 1g protein, 2g dietary fiber, 1 mg sodium

SENIOR SERVICE CENTERS in GREENE COUNTY

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather. In addition, each center offers the following programs and activities.

ACRA

Acra Community Center,
Old Rte. 23B, Acra

(518) 622-9898

Staff: Sandra Sherman,
Meal Site Manager

Elaine Cherrington

Aging Information & Assistance/
Medicare Minute:
2nd monthly Wednesday, 11:00 a.m.

Cairo Crafters:
1st & 3rd monthly Wednesday
1:00 p.m.

COXSACKIE

Town of Coxsackie Senior Center
Mansion Street, Coxsackie
(Former Knights of Columbus Hall)

(518) 731-8901

Staff: Renee Raffiani,
Meal Site Manager

Aging Information & Assistance/
Medicare Minute:
3rd monthly Monday, 11:00 a.m.

Exercise Class:Tues./Thurs.10:30 a.m.

Knitting: Tuesday, 11:00 a.m.

Zumba: Thursday, 10:15 a.m.

Line Dancing: Friday, 10:00 a.m.

JEWETT

Jewett Municipal Building
Route 23C, Jewett

(518) 263-4392

Staff: Gayle Ruvolo,
Meal Site Manager

MaryAnn Brink

Aging Information & Assistance/
Medicare Minute:
4th monthly Friday, 11:00 a.m.

ATHENS

Club 39

(Formerly Greene County Rivertown Senior Center)

39 Second Street, Athens

(518) 945-2700

Tami Bone, Senior Service Center Manager

Staff: JoanAnn Rouse Shane Dillon
John Lawrence Lana Marrone

Aging Information & Assistance/Medicare Minute:
2nd monthly Monday, 11:00 a.m.

Tuesday & Friday: Exercise 11:00 a.m. ó 11:30 a.m.

2nd & 4th monthly Tuesday:
Crafters 1:00 p.m.ó2:00 p.m.

Wednesday: Certified Zumba Gold classes, 10:00 a.m.
Karaoke 10:30 a.m. ó 11:00 a.m.

Thursday: Cards, Games, Billiards 1:00 p.m. - done

Friday: Group games
11:30 a. m. ó Lunch served

CATSKILL

Washington Irving Senior Center

15 Academy Street, Catskill

(518) 943-1343

Staff: Gethen Proper, Meal Site Manager

Martha Schilling

Aging Information & Assistance/Medicare Minute:
2nd monthly Thursday, 11:00 a.m.

CENTER ACTIVITIES

Sponsored by Town of Catskill

* **Mon./Wed.:** **Senior Choir - 10:30 a.m.**

* **Mon.:** **Crafters - 1:00 p.m.**

* **Tues.:** **Line Dancing - 10:30 a.m.**
 Weight Watchers - 11:00 a.m.

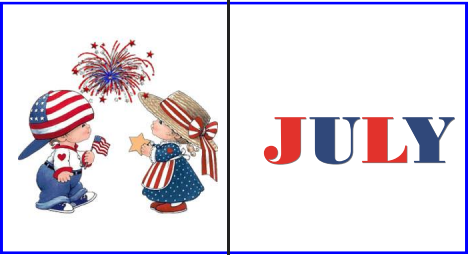

* **Wed.:** **Paint with Bill - 10:00 a.m.**
 BINGO - 10:30 a.m.

* **Thurs.:** **Qigong - 10:45 a.m.**

* **Fri.:** **Exercise Class - 11:00 a.m.**

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED DONATION: \$4.00
SERVED DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea
Tartar Sauce served on fish days
RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1 - 3			ROAST BEEF w/Gravy WHIPPED POTATOES BROCCOLI PARMESAN CHOCOLATE CHIP COOKIES <i>Diet Dessert subst</i>	TURKEY BURGER w/Peppers & Onions POTATO SALAD OLD FASHIONED MIXED VEGETABLES <u>FARM to TABLE</u> BLUEBERRIES & STRAWBERRIES in VANILLA YOGURT w/GRANOLA & WHIPPED TOPPING	 INDEPENDENCE DAY OBSERVANCE ALL SENIOR SERVICE CENTERS CLOSED
JULY 6 - 10	KNOCKWURST <i>Low-Salt Diet Subst</i> BAKED BEANS SAUERKRAUT ITALIAN BLEND VEGETABLES APRICOT NECTAR APPLESAUCE & COOKIES <i>Diet Dessert subst</i>	BAKED CHICKEN QUARTERS w/Gravy WHIPPED POTATOES FRENCH CUT GREEN BEANS V8 JUICE TROPICAL FRUIT	MEATLOAF w/Gravy SCALLOPED POTATOES CALIFORNIA MIXED VEGGIES LIME JELLO w/PEARS <i>Diet Dessert subst</i>	SAMPLER PLATTER: COTTAGE CHEESE, TUNA SALAD & EGG SALAD over Romaine Lettuce w/Tomato Garnish PASTA VEGETABLE SALAD CARROT RAISIN SALAD BERRY CRISP <i>Diet Dessert subst</i>	SPAGHETTI & MEATBALLS BROCCOLI TOSSED SALAD w/Romaine WATERMELON
JULY 13 - 17	STUFFED CABBAGE w/Tomato Sauce NOODLES OLD FASHIONED MIXED VEGETABLES PEACHES	BAKED HAM w/ Pineapple Sauce <i>Low-Salt Diet Subst</i> FRESH SWEET POTATOES GREEN BEANS MANDARIN ORANGES	CHICKEN FLORENTINE MASHED POTATOES BEANS, BROCCOLI, CAULIFLOWER & CARROTS OATMEAL COOKIE	POT ROAST w/Gravy PARSLEY POTATOES CARROT COINS w/Orange Sauce BROWNIE <i>Diet Dessert subst</i>	CHICKEN CRANBERRY APPLE SALAD over Romaine Lettuce MACARONI SALAD MARINATED TOMATO, CUCUMBER & ONION SALAD HONEYDEW MELON
JULY 20 - 24	BROCCOLI CHEESE FISH FILET RICE PILAF OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE SLICED PEACHES	BAKED CHICKEN CUTLET w/Fajita Seasoning, Peppers & Onions POTATO SALAD <u>FARM to TABLE</u> ZUCCHINI CORNBREAD APRICOTS	MACARONI TUNA SALAD w/Tomato Wedges MARINATED CARROTS 3 BEAN SALAD MANDARIN ORANGES	PORK CHOPS w/Gravy STUFFING APPLESAUCE WHIPPED POTATOES SPINACH BIRTHDAY CAKE <i>Diet Dessert subst</i>	BAKED ZITI CALIFORNIA MIXED VEGETABLES TOSSED SALAD CANTALOUPE
JULY 27 - 31	CHICKEN DIVAN RICE BUTTERNUT SQUASH NECTARINES	LEMON PEPPER FISH POTATOES O'BRIEN SPINACH CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	ROAST PORK w/Gravy SWEET POTATO BROCCOLI RICE PUDDING <i>Diet Dessert subst</i>	CHEESE LASAGNA ITALIAN BLEND VEGETABLES TROPICAL FRUIT	CHICKEN CAESAR SALAD on Romaine Lettuce POTATO SALAD GARDEN VEGETABLE SALAD <u>FARM to TABLE</u> WATERMELON

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED DONATION: \$4.00
SERVED DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea
Tartar Sauce served on fish days
RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
AUG. 3 - 7	CHICKEN TERIYAKI over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst: Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN FRUIT CUP	BROCCOLI CHEESE FISH FILET POTATOES O'BRIEN GREEN BEANS V-8 JUICE BUTTERSCOTCH PUDDING w/whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD on Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE STRAWBERRY JELLO w/Sliced Bananas, Strawberries & Pineapple <i>Diet Dessert Subst</i>	CHILI DOGS w/Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst: Hamburger on bun</i> BAKED BEANS CARROTS GERMAN CUCUMBER SALAD HONEYDEW
AUG. 10 - 14	VEAL PARMESAN w/Linguine SPINACH CRANBERRY JUICE PEACHES	CHICKEN DIVAN RICE CARROT COINS LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES	SEAFOOD PASTA SALAD 3 BEAN SALAD SLICED CUCUMBERS, RADISHES & CARROT CURLS APRICOT JUICE BROWNIE <i>Diet Dessert Subst</i>	BBQ CHICKEN QUARTERED OVEN ROASTED POTATOES <u>FARM to TABLE</u> LOCAL CORN on the COB CANTALOUPE
AUG. 17 - 21	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN PICCATA w/Orzo CALIFORNIA BLEND VEGETABLES ORANGE CAKE <i>Diet Dessert subst : 2» square w/o icing</i>	CHILI CON CARNE w/RICE CARROTS TOSSED ROMAINE SALAD CORNBREAD FRESH SEASONAL FRUIT
AUG. 24 - 28	STUFFED SHELLS in Tomato Sauce OLD FASHIONED MIXED VEGETABLES SPINACH SLICED PINEAPPLE	IRISH PORK CHOPS w/Potato Stuffing PEAS & CARROTS CRANBERRY JUICE DINNER ROLL CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	BEEF POT ROAST w/Gravy WHIPPED POTATOES SLICED CARROTS BIRTHDAY CAKE	SUB (Turkey, Roast Beef, Provolone, lettuce & tomato) POTATO SALAD GARDEN VEGETABLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSELS SPROUTS <u>FARM to TABLE</u> SEASONAL FRUIT
AUG. 31	LEMON PEPPER FISH w/Tartar Sauce BAKED POTATO ZUCCHINI, CARROTS & GREEN BEANS TANGERINE				