

LEWIS COUNTY OFFICE FOR THE AGING

August 2022 Newsletter

News & Upcoming Events



WE ARE MOVING!

The Lewis County Office for the Aging is relocating the first week in August while the Outer Stowe Street Building is being remodeled. Our temporary home will be at the Glenfield Elementary School located at 5960 Main Street, Glenfield, NY 13343. Our mailing address and phone number will remain the same. The September newsletter will be back to the normal format; we had to shorten it due to the timeline of the move! Please be patient with us as we settle into our new space.

SENIOR GOLF TOURNAMENT- SEPTEMBER 9

The Senior Golf Tournament will be at Brantingham Golf Course. Cost is \$200 per team of 4 (all ladies or all men), \$26 for a cart. Must be 50 years old or older to participate. Please contact Brantingham Golf Course by August 26th to register.

FALLFEST- SEPTEMBER 30

Fallfest will be September 30th at 3G Firehall. The event will feature vendors, public health flu clinic from 9 am to 11 am, public hearing, guest speaker, lunch, and a performance by the Adirondack Playboys. Call the office to register at 315-376-5313 by September 16. More information will be in the September newsletter

EVENING MEALS- FALL

We will be featuring stews for our evening meals in the fall. The pickup location will be in Lyons Falls. The dates have not been decided yet so be on the lookout for more information.



August 2022

LEWIS COUNTY SENIOR NUTRITION PROGRAM (376-5313)
 MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE!
 The suggested donation is \$3.50 Guest Fee – \$10.75
 The Nutrition Program accepts cash, checks & Food Stamps
 Copenhagen, Croghan, Harrisville, Lyons Falls, Osceola & Lowville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef on Noodles Carrots Brussels Sprouts Cantaloupe	2 Chicken Cordon Bleu Sweet Potatoes Asparagus w/ Parmesan Cheese Watermelon	3 Sweet n Sour Meatballs Brown Rice Oriental Blend Vegetables Pears	4 Tuna Macaroni Salad Lettuce & Tomato WW Dinner Roll Tomato & Cucumber Salad Peach & Berry Crumble	5 HDM/Take Out Only Breaded Pork Winter Squash Capri Blend Vegetables Cinnamon Applesauce
8 Swiss Steak Mashed Potatoes Broccoli Melon-Kiwi Salad	9 Open Faced Turkey Sandwich Peas Cauliflower Black Bean Brownie	10 Stuffed Cabbage Rolls Diced Beets Zucchini & Summer Squash Pineapple	11 <i>Lucky Plate Day</i> Chicken Salad Cold Plate WW Roll Lettuce & Tomato Potato Salad Grapes	12 HDM/Take Out Only Vegetable Lasagna Butternut Squash Mixed Vegetables Tropical Fruit Cup
15 Egg & Cheese Omelet Home Fries Broccoli & Red Peppers Bran Muffin Clementines (2)	16 Cook's Specialty HDM  SITES CLOSED	17 Chicken Parmesan Pasta w/ Sauce Italian Blend Vegetables Birthday Cake!	18 Roast Beef w/ Gravy Mashed Potatoes Green Beans Dinner Roll Peaches	19 HDM/Take Out Only Lemon Dill Fish Sliced Carrots Leigh's Red Coleslaw w/ Grapes Apricots
22 Chicken w/ Peach Glaze Sweet Potatoes Cauliflower Baked Apples	23 Boiled Ham Dinner Boiled Potatoes Cabbage & Carrots Rye Bread Cottage cheese w/ Peaches	24 Spaghetti w/ Meatballs Italian Blend Vegetables Garden Salad Breadstick Mandarin Oranges	25 Egg Salad on WW Roll Harvard Beets Broccoli & Bacon Salad Cantaloupe	26 HDM/Take Out Only Salisbury Steak Winter Squash Capri Blend Vegetables Pears
29 Chili Corn Muffin Green Beans Pineapple	30 Grilled Chicken Sandwich Lettuce & Tomato Baked Beans Zucchini & Summer Squash Clementines (2)	31 Macaroni & Cheese Rosie's Peas w/ Mushrooms Broccoli Chocolate Pudding	Menu is Subject to Change Without Notice	

Megan Dolhof, MS, CNS -Nutrition Services Coordinator

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