



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

MARCH

2017

Office Staff

Dee Park - Director

Catherine Bearor - Services Specialist

Susan Dornan - NY Connects,
Point of Entry Coordinator

Hanna Hall - Services Specialist

Dinah Kawaguchi - Typist

Kathleen McLaughlin - NY Connects,
Services Specialist

Tammy Morehouse -
Aging Services Assistant

Rose Ann O'Rourke -
Coordinator of Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -
Volunteer Coordinator

Catherine Keating - Stauch -
Registered Dietician / Menu



Newsletters are available
online at:

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact Suzanne Scott at
761-6347 to be added to our
email list.



To All Meal Recipients:

The Office for the Aging is required, by New York State, **never** to leave a home delivered meal when you are not home. Meals can **NOT**, under any circumstances, be left in refrigerators, coolers or on door steps.

If you are not going to be home during meal delivery (10:30am-1pm), please call your meal site **as soon as possible**, preferably the day before.

If you have any questions regarding this policy please call: **Office for the Aging at 761-6347.**

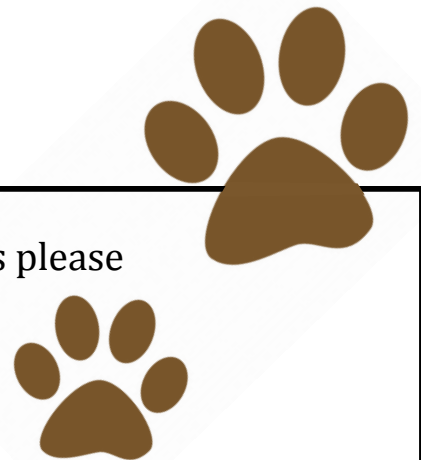
Thank you for your cooperation.

Rose Ann O'Rourke
Coordinator of Services

For the safety of our volunteers please keep your pets away from the door during meal delivery.

Although they may be friendly, the volunteers are strangers to them.

Thank you.





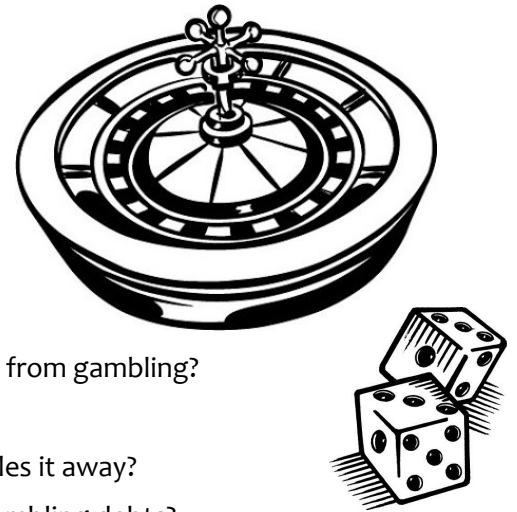
NY Connects

Your Link to Long Term Services and Supports

March is Gambling Awareness Month

Read below for some of the signs when gambling has become – or is starting to become – more than an occasional amusement and turning into an addiction:

- Are you or a loved one haunted by bill collectors?
- Do you or a loved one gamble to escape worry, boredom or trouble?
- Do thoughts of gambling disrupt your sleep?
- Do you or a loved one ever gamble longer than originally planned?
- Do arguments or disappointments cause you or a loved one to gamble?
- Do you or a loved one celebrate good times with gambling?
- Have you ever had self-destructive thoughts because of problems resulting from gambling?
- Have you or a loved one lost time from work or school due to gambling?
- Do you hide the rent/mortgage money because your spouse, partner gambles it away?
- Do you or a loved one borrow money to finance gambling or to pay back gambling debts?
- Does your loved one promise faithfully that she or he will stop gambling, yet continues to gamble?
- Have you noticed a personality change in a loved one as his or her gambling has progressed?
- Is your loved one away from home or unavailable to the family for long periods of time due to gambling?



The New York State Office of Alcoholism and Substance Abuse Services provides inpatient, residential care for New Yorkers suffering from gambling addiction at several NYS OASAS Addiction Treatment Centers (ATCs). The centers now admit and treat individuals with problem gambling as their primary diagnosis. Patients can be admitted for up to 30 days of treatment, and these facilities accept all patients regardless of their ability to pay. Problem gambling education also will be provided to patients at these ATCs:

- Richard C. Ward Addiction Treatment Center, Middletown
- John L. Norris Addiction Treatment Center, Rochester
- St. Lawrence Addiction Treatment Center, Ogdensburg
- Margaret A. Stutzman Addiction Treatment Center, Buffalo

For more information, including referral or admission to one of these ATC facilities, or outpatient treatment for problem gambling in your community, contact the New York State HOPE line at 1-877-8-HOPENY (1-877-846-7369) or by texting HOPENY (Short Code 467369). For general information about problem gambling, visit the [New York Council on Problem Gambling website](http://www.nyconnects.ny.gov).

Warren-Hamilton Counties NY Connects: Your link to Services & Supports, 1-866-805-3931

Persons who are deaf or hard of hearing: Call the NY Relay System 7-1-1

www.nyconnects.ny.gov

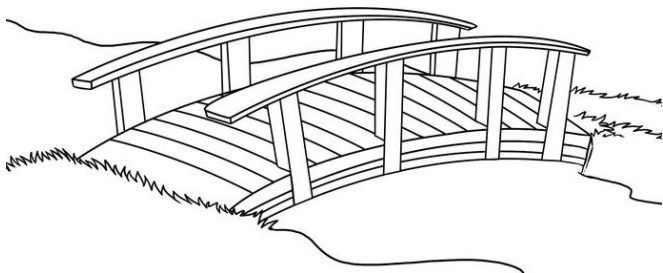
Community Members:

Please join us
**for NY Connects Long Term Care
Council Meeting**

Warren County Human Services Building
1340 State Route 9, Lake George, NY 12845

Wednesday, March 1, 2017

10am-noon



Panel Discussion:

“Bridges Out of Poverty”
(lite refreshments available)

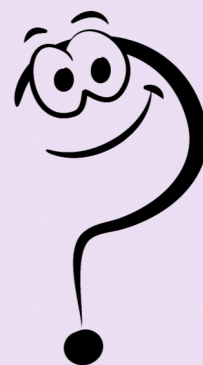
Reserve your spot by calling LTCC
Secretary Stephanie Ball at 746-2572
or persons who are deaf or hard of hearing
call the NY Relay System 7-1-1



March on Over to Talk with NY Connects at Crandall Library!

Drop in to talk with NY Connects in the
Crandall Room at Crandall Library **9-11a.m.**
Thursday, March 2 to find out about long term
care services and supports available.

Susan Dornan and Kathy
McLaughlin of NY Connects
with Warren-Hamilton Counties
Office for the Aging will answer
your questions and will have
information for you on free
Prevention and Wellness
services paid for by Medicare
and a program that helps pay for Medicare
premiums. We will also have information on
the new Caregiver Support Initiative through
SUNY Plattsburgh Center for Neurobehavioral
Health offering respite, support and much
more. No RSVP necessary, just stop by to say
hello and find out how we may assist you,
your friends, family or neighbors.



For information, call 1-866-805-3931.
RSVP not necessary.

*For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging
at 1-866-805-3931.*

If we are on the phone with someone else, we will return your call as soon as we can to assist you.



518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.

Join Queensbury Senior Citizens to see...

Beautiful - The Carole King Musical at Proctors Theater



Thursday April 13th - Matinee at 1:30pm in Schenectady NY

Long before she was Carole King, chart-topping music legend, she was Carol Klein, Brooklyn girl with passion and chutzpah. She fought her way into the record business as a teenager and, by the time she reached her twenties, had the husband of her dreams and a flourishing career writing hits for the biggest acts in rock 'n' roll. But it wasn't until her personal life began to crack that she finally managed to find her true voice.

Beautiful - The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

Featuring a stunning array of beloved songs written by Gerry Goffin/Carole King and Barry Mann/Cynthia Weil, including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend" and the title song, **BEAUTIFUL** has a book by Tony® Award-nominee and Academy® Award-nominated writer Douglas McGrath, direction by Marc Bruni, choreography by Josh Prince and took home two 2014 Tony® Awards and the 2015 Grammy® for Best Musical Theater Album.

Cost \$89pp Call 761-8224 or 745-4439 to reserve. Sure to sell out fast! Deadline: Friday March 10th

*Includes Motor Coach Transportation from the Queensbury Center 742 Bay Rd



GLENS FALLS SENIOR CENTER

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801
Email: kbrenghseniors@gmail.com

New Members are Welcome, Come Join Our Family

Wed-3/1	Hospitality Committee meeting	10 am
Wed-3/1	Coffee and A Cop - A chance to ask questions and concerns about your community	1 pm
Thurs-3/2	Beginning Country Line Dancing with Sean - Cost: \$6 members/\$8 non members	1 pm
Fri-3/3	Retirement party for Lauren Tompkins, Senior Services Specialist	1 - 3 pm
Mon-3/6	Book Club - "A Train Near Magdeburg" by Matthew Rozell	1 pm
Tues-3/7	Dog Therapy visit with Sandra Erickson and Therapy Dogs International	2:15 pm
Wed-3/8	AARP Defensive Driving Class - Cost: \$20 AARP member/\$25 nonmember/Lunch \$6	8:45 am - 4 pm
Wed-3/8	Queensbury School Dinner/Play - "Les Miserables" - Cost: \$5, Call to sign up	5 pm
Thurs-3/9	Beginning Country Line Dancing with Sean - Cost: \$6 members/\$8 non members	1 pm
Thurs-3/9	Saratoga Racino - Gas donation \$6	10 am
Fri-3/10	Lunch Bunch - West Mountain Ski Center - choose from the menu, separate checks	12 pm
Mon-3/13	Karen's Art class - Cost: \$15, all materials provided - create a beautiful project!	12:30 - 2 pm
Tues-3/14	Fashion Show by Dress Barn - Senior models - call Center to sign up.	1 pm
Wed-3/15	St. Patrick's themed recipe exchange - Rite Aid representative - call to sign up	1 pm
Thurs-3/16	Beginning Country Line Dancing with Sean - Cost: \$6 members/\$8 non members	1 pm
Fri-3/17	St. Patrick's Day Lunch - Cost: \$7 - Call to sign up.	12 pm
Mon-3/20	Chapman Museum - History of handbags and hats	1 pm
Tues-3/21	Movie/Popcorn - "Sully" starring Tom Hanks	1 pm
Wed-3/22	Dark Wings Owls from UpYonda Farm - fun and interesting!	1 pm
Thurs-3/23	Beginning Country Line Dancing with Sean - Cost: \$6 members/\$8 non members	1 pm
Fri-3/24	Writers Group meets - all are welcome!	1 pm
Mon-3/27	Performing Line Dancing	10 am
Tues-3/28	Bingo-large cards available - lots of fun!	10 am
Wed-3/29	Blood Pressure/Sugar Clinic - Volunteer nurse - call by March 28 to sign up.	9 - 10 am
Wed-3/29	Newsletter Mailing - Volunteers needed!	1 pm
Thurs-3/30	Beginning Country Line Dancing with Sean - Cost: \$6 members/\$8 non members	1 pm
Fri-3/31	Special Bingo - large cards available - refreshments and prizes!	1 pm
Ongoing Activities at a Glance:		
Monday- Friday	Thrift Shop - new items all the time	10 am - 2 pm
Every Tues.	Bingo	10 am
Tues/Wed/Thurs	Tax preparation by appointments - Call the Center 793-2189	9:30 am - 3 pm
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga - with Tobey	10:30 - 11:30 am
Mon-Thurs.	OSTEO Busters Exercise Program - Monday-Thursday - Sponsored by RSVP	9 - 10 am
Every Friday	Tai Chi Class with Sam Ling - Cost: \$6	9 am - 10 am
Every Friday	Wii Bowling	10 am
	Line Dancing/Woodshop/Golf/Bowling/Cards/Special Bingo & Much More.	

BASKET RAFFLE ON DISPLAY! MONDAY-FRIDAY 9 - 4

- Call Center for pricing and information on the upcoming trips and events or see on line
- Transportation for Center activities available/medical transports by appointment



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

March is National Nutrition Month

Eating healthier doesn't mean changing your entire eating pattern overnight. Small changes, made over time, can add up. For National Nutrition Month® 2017, the Academy of Nutrition and Dietetics urges everyone to start small – one forkful at a time, and "Put Your Best Fork Forward".

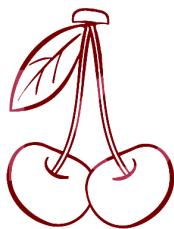
Physical activity along with enjoying healthy foods is an important part of developing a healthy lifestyle we can maintain for years.

Eat Right for Your Lifestyle

There's no one diet that is right for everyone, so it's important to follow a healthful eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind.

Tips to add nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by using fat-free milk instead of water. Mix in raisins, dried cranberries, cherries or blueberries.



- Make sandwiches on whole grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or



cucumber to lean roast beef, ham, turkey or chicken.

- When eating out, look for nutrient-rich choices, such as salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.



- Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100-percent fruit juice.

- Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor and nutrients.

- Cut and bag vegetables so they are in easy reach of every family member. Ready-to-eat

favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or radishes.



- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with low-fat yogurt. Serve these with whole-grain breads or rolls.

- For dessert, blend mango, plain low-fat milk, ice and pineapple juice or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and drink.

“Skinny” Chicken Tacos

1 pound thinly sliced chicken breasts, cut into thin strips
3 limes, juiced, divided
2 teaspoons ground cumin, divided
2 teaspoons garlic powder, divided
2 teaspoons ground chipotle pepper, divided

2 red bell peppers, cut into thin strips
1 red onion, thinly sliced
2 jalapeno peppers - stemmed, seeded, and thinly sliced
4 multi-grain tortillas, or more to taste
1 bunch cilantro, chopped

Combine chicken, juice of 1 lime, 1 teaspoon cumin, 1 teaspoon garlic powder, and 1 teaspoon chipotle pepper in a bowl; allow to marinate for 10 minutes.

Saute red bell peppers, onion, jalapeno peppers, juice of 1 lime, 1 teaspoon cumin, 1 teaspoon garlic powder, and 1 teaspoon chipotle pepper in a large non-stick skillet over medium-high heat until vegetables are tender yet crisp, about 5 minutes.

Transfer chicken mixture to a separate non-stick skillet over medium-high heat; saute until chicken is no longer pink in the center, 5 to 10 minutes.

Layer tortillas between paper towels on a microwave-safe plate; heat in microwave until warmed, 10 to 20 seconds.

Spoon vegetables and chicken onto tortillas; top with cilantro and lime juice.

◀ Zesty, easy, and quick way to make chicken tacos that are delicious and diet-friendly. Other options for toppings would be low-fat sour cream, 2% reduced-fat Mexican cheese blend, and salsa.

Prep: 15 mins

Cook: 10 mins

Ready: 35 mins

Adopted By: Allrecipes.com



Spinach salad with blue cheese, walnuts and dried cranberries. If you can't find walnut oil, olive oil may be substituted.

Prep: 15 mins

Ready in: 15 mins



Harvest Salad

1/2 cup chopped walnuts
1 bunch spinach, rinsed and torn into bite-size pieces
1/2 cup dried cranberries
1/2 cup crumbled blue cheese
2 tomatoes, chopped

1 avocado - peeled, pitted and diced
1/2 red onion, thinly sliced
2 tablespoons red raspberry jam (with seeds)
2 tablespoons red wine vinegar
1/3 cup walnut oil
freshly ground black pepper & salt to taste

Preheat oven to 375 degrees F (190 degrees C). Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.

In a large bowl, toss together the spinach, walnuts, cranberries, blue cheese, tomatoes, avocado, and red onion.

In a small bowl, whisk together jam, vinegar, walnut oil, pepper, and salt. Pour over the salad just before serving, and toss to coat.

Recipe By: MyPlate



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Healthy Recipe Substitutions

We're always looking for ways to make our favorite foods healthier without sacrificing flavor.

Sweet Potato Fries for French Fries

Opting for sweet potatoes rather than the traditional white adds an extra dose of fiber, and vitamins A, C, and B6. Plus, it cuts out roughly 20 grams of carbohydrates per 1-cup serving. Don't write off white ones for good though, they still have some great health benefits too.

Kale Chips for Potato Chips

Who would've guessed that a leafy green could make such delicious chips? When lightly tossed in olive oil and some seasoning (salt and pepper, paprika, or chili powder are our faves) and baked, these curly greens turn into a delightfully delicate, crunchy snack.

Unsalted Nuts for Salted in Trail Mix

The problem with most trail mixes? They pack in the sugar-filled, candy-coated chocolate, and dried fruit. Instead, make your own trail mix with unsalted nuts and dark chocolate bits that are lower in sugar and higher in antioxidants.

Popcorn for Potato Chips

Lower in fat, natural popcorn without pre-flavored seasonings is a great snack alternative to replace those oily, super-salty potato chips. Try made-at-home flavors by adding cinnamon, chili powder, or parmesan.

Dark Leafy Greens for Iceberg Lettuce

All greens are not created equal. Darker greens usually mean more nutrients like iron, vitamin C, and antioxidants. Sorry, iceberg's just not cutting it anymore – go out and get some grown-up greens.

Whole-Wheat Flour for White Flour

In virtually any baked good, replacing white flour with whole-wheat can add a whole new dimension of nutrients, flavor, and texture. Because whole-wheat includes the outer shell of the grain, it also provides more fiber, which aids in digestion and can even lower the risk of diabetes and heart disease.

Brown Rice for White Rice

When white rice is processed, the "brown" bran layer gets stripped away, cutting out essential nutrients (like fiber). Opt for brown rice for a fuller nutritional profile.

Whole-Wheat Bread for White Bread

Whole-grain wheat beats out processed white with a complete nutrition profile and better flavor and texture.

Rolled Oats for Cereal

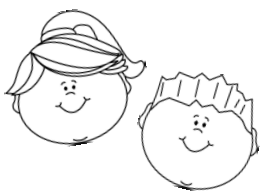
Chewy and a little crunchy, rolled oats are – literally – rolled into a flat grain; cereal is (usually) more processed with extra added sugar.

Greek Yogurt for Sour Cream and Mayo

Lighten up taco toppings by opting for Greek yogurt instead of sour cream. Greek yogurt offers an extra dose of lean protein. Add some herbs and a squeeze of lemon juice, and they'll taste almost identical.

Adopted By: Greatist

Superfast, juicy Salisbury Steak makes for an ideal dinner tonight and a super filling lunch tomorrow. Here, we used a blend of two kinds of ground meats in the patties for a lighter bite. The ground turkey breast brings the total fat down while the ground round adds moistness and flavor. Serve this dish to your family with a side of roasted vegetables, such as potatoes and carrots, and creamy mashed potatoes for all around smiles.



Superfast Salisbury Steak

Yield: 6 servings (serving size: 1 patty and 2 tablespoons sauce)

- | | |
|--------------------------------|---|
| 3/4 pound ground turkey breast | 3 tablespoons tomato paste |
| 3/4 pound ground round | 2 tablespoons Madeira wine or dry sherry |
| 1/3 cup dry breadcrumbs | 1 1/2 teaspoons Worcestershire sauce |
| 2 large egg whites | 1/4 teaspoon freshly ground black pepper |
| Cooking spray | 1 (10 1/2-ounce) can condensed French onion soup (such as Campbell's) |
| 3/4 cup water | |



Combine first 4 ingredients.

Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Fold Card Here ▼

Add patties; cook 6 minutes or until browned, turning after 3 minutes.

Remove patties from pan; keep warm.

Stir in water and remaining ingredients.

Bring to a boil; add patties.

Cover, reduce heat, and simmer 10 minutes.

Uncover and cook until wine mixture is reduced to 3/4 cup (about 10 minutes).



Nutritional Information

Amount per serving - Calories 210

Calories from fat 25 %

Fat 5.9 g

Protein 27.4 g

Carbohydrate 10 g

Fiber 0.9 g

Cholesterol 64 mg

Iron 2.4 mg

Sodium 621 mg

Calcium 38 mg



Office Board Bulletin



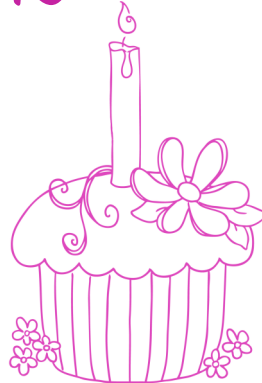
Chaos of Non-Uniform DST

Widespread confusion was created during the 1950s and 1960s when each U.S. locality could start and end Daylight Saving Time as it desired.

One year, 23 different pairs of DST start and end dates were used in Iowa alone. For exactly five weeks each year, Boston, New York, and Philadelphia were not on the same time as Washington D.C., Cleveland, or Baltimore--but Chicago was. And, on one Ohio to West Virginia bus route, passengers had to change their watches seven times in 35 miles!

The situation led to millions of dollars in costs to several industries, especially those involving transportation and communications. Extra railroad timetables alone cost the today's equivalent of over \$12 million per year.

Happy Birthday



to our Volunteers celebrating in *March!*

<i>Eve Parker</i>	1
<i>John Rossell</i>	2
<i>Angela Braggs</i>	8
<i>Lisa Truax</i>	8
<i>Frank Barron</i>	17
<i>Sarah Hussa</i>	20
<i>Jody Meyer</i>	24



FREE TAX RETURN PREPARATION

If you earn less than \$53,505. You may also qualify for up to as much as \$6,269 of Earned Income Tax Credit.



You Earned It!

Now Claim It!

File Your Tax Return!

Trained IRS Certified local volunteers are available.

To make an appointment contact:

Washington & Warren County
Volunteer Income Tax
Assistance Program

1-800-211-5128

Sponsored by:
The Tri County United Way
VITA Coalition

Spring Flowers

WORD SEARCH



H F M H R U M I N O H M R J M H A L L T
W A G E R A N I U M A A V L A Y I S I W
U Q W I J O P P M R O R P I E A S I D H
P Q X T K A A O I M H B N L N C E R O S
I V R J H N S G R A C E J A O I R I F M
L X Y B S O O M I D D C Y C M N F J F B
N L R Y A L R N I R W L G M E T C Z A V
R I E H D E O N A N I O X W N H D J D N
P T K B G G P G C L E K N J A Y P P O P
S I M E E E G X E C O Z M S P I R E A J
O U L B T U Q W O Z H S O W D R O S E D
U T C U A S L R J L I H A I L O N G A M
F A N O T Y N B O S O N H Q R B B P O L
C I G O R F U R N S M C N J O J D S W X
A P J A L C I U Q J R N N I J R B R Q Y
H I D O N P K Z U O U N T W A P B Q Z A
L S W N M A C C I Y P W P J T N K O O E
O E E Q I K A E L N K M Q W G I G B E S
R A E L A Z A A G L D O G W O O D N Y T
S N E I T A P M I J T M M E L H Y O M A

AZALEA

DOGWOOD

IRIS

ORCHID

SNOWDROP

BEGONIA

GARDENIA

LILAC

PANSY

TULIP

BLUEBELL

GERANIUM

LILY

PETUNIA

ZINNIA

CORNFLOWER

HYACINTH

MARIGOLD

POPPY

DAFFODIL

IMPATIENS



MAGNOLIA

ROSE

March 2017

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RDN CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>Suggested Contribution Per Meal: \$3</p>		<p>March 1 <i>Ash Wednesday</i> Eggplant Parmesan Spaghetti/Marinara Peas & Onions Carrot Cake</p>	<p>March 2 Cheeseburger Pie Roaster Potato Bites Broccoli Coleslaw Mandarin Oranges</p>	<p>March 3 <i>Brunch</i> Cheese Omelet Hash Brown Potato Ham Yogurt Parfait with Strawberry & Granola</p>		
		<p>March 6 Chicken Parmesan Penne Pasta with Marinara Sauce Carrots Chilled Apricots</p>	<p>March 7 Pork Chop Sweet Potatoes Cauliflower Chilled Applesauce</p>	<p>March 8 Meatloaf/Gravy Mashed Potato Zucchini & Tomatoes Pineapple Up-side Down Cake</p>	<p>March 9 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Tropical Fruit Cup</p>	<p>March 10 Baked Fish Scandia Au Gratin Potatoes Beets Birthday Cake</p>
		<p>March 13 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches</p>	<p>March 14 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Mandarin Orange</p>	<p>March 15 Beef Stroganoff Over Noodles Spinach Strawberry Shortcake</p>	<p>March 16</p> 	<p>March 17 ST. PATRICK'S DAY Corned Beef/Cabbage Boiled Potatoes Carrots St. Patrick's Day Dessert</p>
		<p>March 20 Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple</p>	<p>March 21 Turkey Divan Broccoli Rice Veggie Casserole Cranberry Crunch</p>	<p>March 22 Beef Stew Boiled Potatoes/ Carrots Biscuit Cookie of the Day</p>	<p>March 23 Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Fresh Fruit</p>	<p>March 24 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange</p>
		<p>March 27 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange</p>	<p>March 28 Apple n' Onion Chicken Sweet Potatoes Spinach Fruited Gelatin</p>	<p>March 29 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Apple Crisp</p>	<p>March 30 Chicken Reuben Rice Pilaf Peas & Onions Tropical Fruit Cup</p>	<p>March 31 Breaded Haddock Scalloped Potatoes Broccoli Gingerbread/Topping</p>

Meal site numbers: _____

Bolton: 644-2368
Cedars: 832-1705
cedars@warrencountyny.gov
Chestertown: 494-3119

Johnsburg: 251-2711
Long Lake: 624-5221
Warrensburg: 623- 2653
Lake Pleasant: 548-4941
Indian Lake: 648-5412

Lake Luzerne: 696-2200
First Presb. Church Glens Falls &
Solomon Heights, Queensbury:
832-1705
Wells: 924-4066