



# 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

AUGUST

2016

## Office Staff

Christie Sabo - Director

Susan Dornan - NY Connects,  
Point of Entry Coordinator

Hanna Hall -  
Aging Services Assistant

Dinah Kawaguchi - Typist

RoseAnn O'Rourke -  
Coordinator of Nutrition Services

Jami Rivers - Receptionist

Cindy Ross - Fiscal Manager

Suzanne Scott -  
Volunteer Coordinator

Catherine Keating - Stauch -  
Registered Dietician / Menu



## Warren County Senior Picnic

September 7, 2016

12 Noon

Elks BPOE #81 Lodge • 32 Cronin Rd, Queensbury

Tickets \$5

**Reservations required by August 22**

*(through your local Senior Club or Meal Site)*

Please bring your own flatware



Newsletters are now  
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.



### Menu

Hamburgers  
Hotdogs  
Baked Beans  
Macaroni Salad  
Chips  
Dessert  
Cold Beverages



### Highlights

Blood pressure  
screening  
  
Information  
for Seniors  
  
Coffee & Donuts @ 10



For more  
information contact:  
RoseAnn @ OFA  
761-6347



# NY Connects

Your Link to Long Term Services and Supports

## Naughty..... or Nice?

*More and more often, we share social space and living quarters with people who we may feel we have little or nothing in common with.*

*What we DO have in common is that we are all human beings with feelings and are worthy of respect and consideration from others.*

### *Here are some things to consider:*

Am I verbally abusive? Am I bossy or calling people names?

Do I make someone feel bad, talking to them as if they are a child?

Do I make fun of someone else?

Do I exclude others? Do I play "favorites"? Do I share information with only a few?

Do I gossip? Do I point the finger at someone else when the only person I can change is myself?

Do I hound others for money? Do I make plans for others without asking for their thoughts first?

Do I "save spaces" for people at congregate meal site or Bingo which then excludes others?



### *We all have our differences and that is what makes us interesting!*

Just like domestic violence and elder abuse, relational aggression is something not to be tolerated.

We all have different perspectives on how things "should" be however that does not allow us to "should" on others. If we don't like the way something is, we can speak up and share our ideas about how to make things better. If people become defensive when you bring up ideas and are not willing to discuss ideas openly, seek out a professional to help you. There are many clergy and counselors who are trained in mediation and conflict management.

If you feel you are being bullied, abused, or disrespected, contact NY Connects at Warren-Hamilton Counties Office for the Aging to find out more about local resources that can help you.

NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

**Call Susan @ 1-866-805-3931.** For information about services in other counties, the State NY Connects # is 1-800-342-9871.



**Empowering Seniors To  
Prevent Healthcare Fraud**

*Come to your NY Connects  
Long Term Care Council*



## **Brunch Meeting**

**The Glen at Hiland Meadows  
39 Longview Drive  
Queensbury**

Our Presenter: Diane VanDusen,  
Long Term Systems Specialist  
with New York State Office for the Aging

**She will speak on the expansion of  
NY Connects & No Wrong Door**

**Thursday, September 22, 2016  
10am-noon**

Reserve your spot by calling  
LTCC Secretary Stephanie Ball at 746-2572.

**Are you concerned  
about an error or  
potential fraud?  
Call 1-877-678-4697**

The New York Senior Medicare Patrol (SMP) is part of a nationwide, grassroots education and assistance program working to empower seniors and caregivers to protect personal information and Medicare benefits by learning to detect mistakes or potential fraud in Medicare payments. You can report suspected problems to SMP. Our staff and trained volunteers work to correct errors and report abuse of the Medicare system to government authorities.

**New York Senior Medicare  
Patrol advises you to Protect,  
Detect and Report**

**Protect** your personal information to shield from identity theft and financial scams.

**Detect** mistakes or potential fraud in Medicare payments by tracking your medical services in a Personal Health Care Journal.

**Report** by asking your doctor, clinic or hospital to explain the Medicare payment shown on your Medicare Summary Notice.

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](mailto:melissa@seniorsonthego.org) for further travel info.**

**Travel Presentations with QSC & Collette ▪ Monday September 26th**

**2pm - America's Cowboy Country**

June 6-13, 2017 is SOLD OUT

Second date of  
June 13-20, 2017  
is now being offered.

Call 745-4439 for more  
information.

**America's Cowboy Country**

**Highlights:**

- Grand Tetons
- Yellowstone National Park
- Buffalo Bill Center of the West
- Deadwood
- Crazy Horse Memorial
- Mount Rushmore
- Badlands National Park
- Traditional Chuck Wagon Diner
- Choice of Wildlife Float Trip or Whitewater Rafting



**3:30 pm - Iceland**

**Iceland the Land of Fire & Ice**

Discover Iceland, a land forged by fire and ice full of dramatic breath-taking scenery such as the Gullfoss waterfall, blue lagoons and natural hot springs. Choose between walking on lava fields or a cave adventure. Savor Icelandic cuisine. Learn about their culture and traditions with experienced guides and visits to Skogar Museum, Vatnajokull National Park, a volcano visitor's center and much more!

Come to the meeting to hear all about it.  
All are welcome. Preregister please!



**Announcing  
Our Travel  
Destination  
September 2017**

**QSC Day Trip**

**Shaker Hancock Country Fair**

**Saturday, September 24th**

Learn about America's most successful utopian community by exploring the village's historic buildings at your own pace. Chat with friendly interpreters who bring the Shaker story to life and witness demonstrations of Shaker crafts, music and dance. Be sure to check out the all new Quilt exhibit, the unusual round barn and surrounding gardens and farm animals. Purchase produce at the farmer's market and specialty items under tents that are full of the best local and regional crafts such as pottery, jewelry, leather-made products, baskets and much more.

Grab lunch on your own from the food truck rodeo or eat at the Village Harvest Café.

**The day is yours to enjoy!**



QSC member cost \$59  
Non-member cost \$69

Sign up ASAP - space limited

The cost of the trip includes  
transportation and  
admission.



*Celebrating over 50 years of Service to our Senior Community*

**Kim Bren**, Executive Director

**Lauren Tompkins**, Outreach Specialist

**Dawn Sumner**, Senior Program Coordinator

**Joan Counter**, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801

Email: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)

Visit our website at <http://www.greaterglensfallsseniorcenter.com> for more information.

**No residency requirements. Need not be a member to participate in any of the activities or trips.**

**New Members Welcome** *Some of this month's highlights.*

Mon-8/1	Coffee & Cop- Officer Willette, to answer questions and provide info on the Community	1 pm
Mon-8/2	Cornell Cooperative Vegetable Garden- Warrensburg Trip	1 pm
Wed-8/3	Scrabble Day- Challenge each other in this fun word game.	1 pm
Thurs-8/4	Film/Popcorn- <i>"The Fault In Our Stars"</i> -starring Meryl Streep	1 pm
Fri-8/5	Lake George Youtheatre- <i>"Joseph And The Amazing Technicolor Dreamcoat"</i>	9:30 am
Mon-8/8	Karen's Art Class- Karen McGinn, Art Teacher-Cost: \$15 all materials provided.	12:30 pm
Tues-8/9	Shoobox Workshop- projects for October packing party.	1 pm
Wed-8/10	Crandall Park Picnic- Cost: \$7-call to sign up.	12 pm
Fri-8/12	Skene Manor Lunch & Tour- A Victorian Gothic-style mansion in Whitehall. Cost: \$20/Van \$24	12 pm
Tues-8/16	Stan Malecki will present a program on <i>"Underground Railroad Quilts"</i>	1 pm
Wed-8/17	Free Workshop- <i>"What's In Our Food"</i> -Nutrition Facts by reading food labels.	1 pm
Wed-8/17	Willy Wonka Jr.- Disney musical performed by children of Broadway Upstate Theatrical group	6 pm
Thurs-8/18	Saratoga Racino- Van Transportation \$6. Call the Center to sign up.	10:30 am
Fri-8/19	Defensive Driving Class- AARP trained instructor- Cost: \$20 AARP member/\$25 non member	9 am-4 pm
Fri-8/19	Seagle Colony- <i>"The Music Man"</i> by Meredith Willson. Cost: \$42 on own/with van \$54	2 pm
Mon-8/22	Be Fraud Fighting Smart Seniors- Maurice Padula will talk about scams/fraud. Call to sign up.	1 pm
Tues-8/23	Game Day- Board games, cards, dominoes, or bring your favorite game	1 pm
Wed-8/24	Special Bingo- Large Cards, prizes, refreshments, fun, challenging.	1 pm
Thurs-8/25	Albany Museum trip- Sign up by August 22.	9:30 am
Fri-8/26	Writers Group meets- Mayor Robert Blais, will present his book <i>"A View From The Top"</i>	1 pm
Sat-8/27	Community Fun Day- Sponsored by the Aging Alliance, held at Fun Spot Route 9, Queensbury	10am-2pm
Mon/8/29	Newsletter Mailing- Help us get this monthly newsletter to our members.	1 pm
Tues-8/30	Wiawaka Holiday House- Buffet Lunch and Tour-Cost: \$12 on own/ with Van \$16	12 pm
Wed-8/31	Grant Cottage, a State Historic Site in Wilton- Bring bag lunch-Cost: \$3 on own/with Van \$7	10:30 am
Mon- Fri	Thrift Shop- new items all the time	10 am-12 pm
Every Tues	Bingo in AM/Program in PM- Transportation provided	10:30 am
Every Thurs	Chair Yoga- with Tobey- Sponsored by MVP	10:15- 11 am
Mon-Thurs	Osteo exercise program- Monday-Thursday- Sponsored by RSVP	9-10:15 am
Every Fri	Tai Chi Class with Sam Ling- Cost: \$6	9 am-10 am

**Transportation to center available - 24 hours notice**



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist

## Top 10 Budget-Friendly Foods (Healthy Ones!)

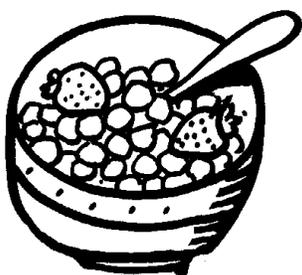
You don't have to cut back on healthy foods as you're trimming your food budget! With the economy suffering and food prices rising, your grocery bill might be in need of a few budget cuts. Unfortunately, because of the misperception that healthy foods always cost more, nutritious foods like fresh produce are often the first to get bumped from grocery carts. But there are plenty of ways to save money without sacrificing the quality of your diet.

### Here are 10 top picks for healthy foods that won't break the bank.

**1. Oats** - Oats are one of the cheapest healthy breakfast options around, and, as a member of the whole-grain family, they're loaded with

healthful nutrients.

One serving of oatmeal (made from a half-cup



dry oats) doles out five grams of protein and four grams of fiber, while setting you back only about 30 cents (and 150 calories).

Buy plain, dry oats in the big canisters rather than the (often presweetened) individual packets, which are way more costly. This way, you're also in control of the added ingredients, sugars, and total calories in your

breakfast. Great mix-ins include fresh or dried fruit (such as diced apple, sliced banana, berries, or raisins), peanut butter, chopped nuts or a little preserves.

**2. Healthy Frozen Mixed-Vegetable Blends** - Bagged frozen vegetables are one of the greatest values in the grocery store (generic versions are typically cheaper than the popular name brands, unless there's a sale). And because mixed-vegetable blends (such as stir-fry or California-style varieties) contain up to seven different vegetables in one bag, they are an incredibly easy and cost-effective way to incorporate a colorful variety of healthy produce into your diet. You'd spend significantly more if you bought all those veggies individually in their fresh form and would be much more likely

to have the extras go to waste.

Frozen vegetables really are just as nutritious as fresh. They're picked at their peak and flash-frozen, locking in all their healthful nutrients. Use frozen veggies just as you would fresh – in soups, chilies, casseroles, pasta sauces, omelets, stir-fries, and side dishes. Just make sure you don't select blends that contain sauces, salt, sugar, or other unhealthy additives.

**3. Fresh Fruit: Bananas, Apples, and Oranges** - Refilling your fruit bowl every week can cost an arm and a leg... but it doesn't have to! Make affordable fruits like bananas, apples, and oranges your weekly staples, and save more costly options like pineapple, pomegranates, melons, and papayas for special treats.



## Chicken, Tomato & Cucumber Dinner Salad

5 tablespoons olive oil, divided  
1 pound chicken breast tenders  
1/4 cup cider vinegar  
1 tablespoon fresh thyme  
1 teaspoon sugar  
1/4 teaspoon each salt & pepper

1 cucumber, sliced into thin ribbons  
2 tomatoes, sliced thin  
1/2 cup green olives, sliced  
4 ounces Feta cheese

In large skillet heat 1 Tablespoon olive oil over medium heat.

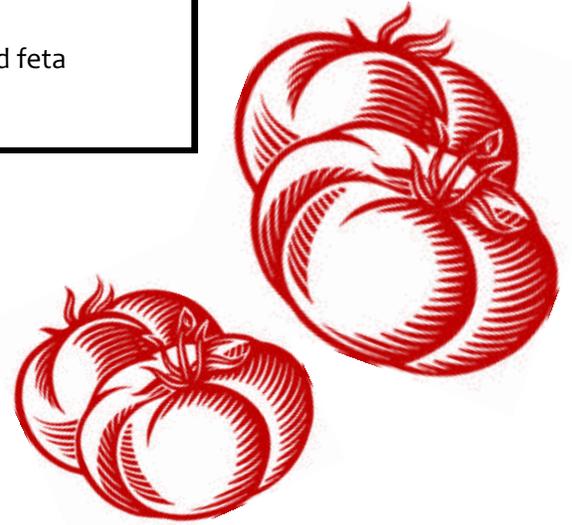
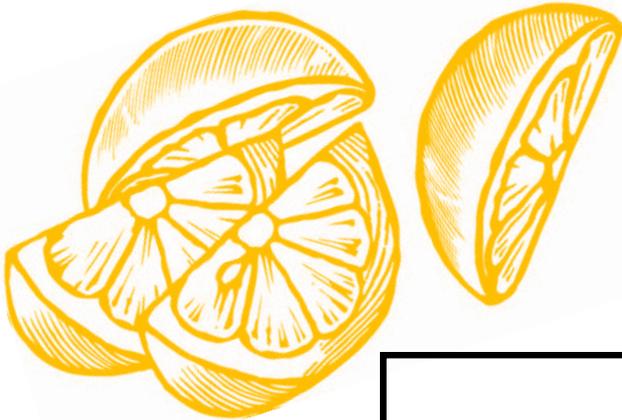
If desired, season chicken tenders with salt and pepper. Cook chicken in hot oil for 8-10 minutes, turning once, until no pink remains.

For the vinaigrette, combine remaining oil, vinegar, thyme, sugar, salt and pepper; shake to combine.

To serve, arrange chicken, cucumber ribbons, sliced tomatoes, olives and feta cheese on serving plates. Drizzle vinaigrette over the top.



Recipe By: [recipetips.com](http://recipetips.com)



## Lemony Asparagus Pasta

Prep 5 minutes    Ready In 25 minutes    Servings: 4

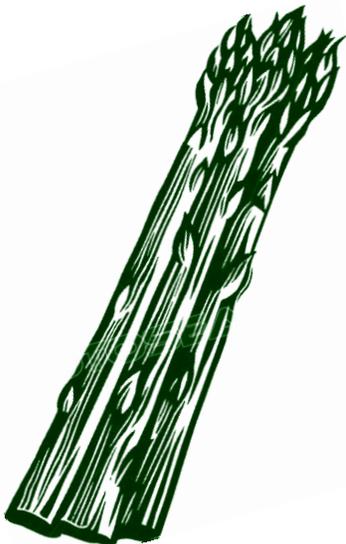
Kosher salt	2 tbsp. butter	1 c. dry white wine (ie: Sauvignon Blanc)
1 lb. Macaroni	2 garlic cloves, minced	1/2 tsp. crushed red pepper flakes
1 bunch asparagus, trimmed	1/2 red onion, diced	1 c. grated Parmesan, more for garnish
Extra-virgin olive oil	2 lemons	1/2 c. chopped parsley, more for garnish
Freshly ground black pepper		

Bring an 8-quart stock pot of water to a boil and generously season with salt. Cook pasta until al dente. Reserve 1 cup pasta water and drain pasta.

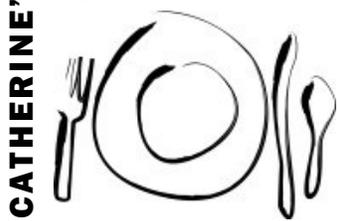
Meanwhile, preheat grill pan over medium-high. In a large mixing bowl drizzle asparagus with olive oil and season with salt and pepper. Grill asparagus 4 minutes on one side, flip over and cook 2 minutes more. Transfer to board and cut into 1" pieces.

In a large skillet over medium-low heat, cook butter, garlic, and onion until softened, about 2 min. Add white wine, zest of 1 lemon, 1 Tbsp lemon juice, red pepper flakes, 1 tsp salt, and 1/2 tsp black pepper; bring to a boil, lower heat and simmer 3 - 4 min.

Turn off heat and mix in pasta water, asparagus, cheese, parsley, and pasta until well coated. Garnish with additional cheese and parsley. Serve with lemon wedges.



Recipe By: [Delish](http://Delish)



Catherine Keating-Stauch, RD CDN Certified Dietitian Nutritionist



Bananas in particular are a bargain hunter's dream.

Select green, relatively unripe bananas at the store so they last all week. Don't worry

about them going to waste either; if they start to turn black and squishy, toss them into a plastic storage bag and freeze for later. Use frozen bananas in healthy fruit smoothies, or mash them up and mix into oatmeal, low-fat muffins, or pancakes.

**4. Lentils** - Lentils really are the king of legumes. They've got it all: fiber, protein, folate, iron, potassium, and a host of other trace minerals. Plus, they're super-affordable and surprisingly easy to prepare. Unlike dried beans, they don't require presoaking and they cook up quickly. Simmer lentils with diced tomatoes and seasonings for a hearty side dish, or add dry lentils to soups or stews to increase protein without relying on expensive meats.

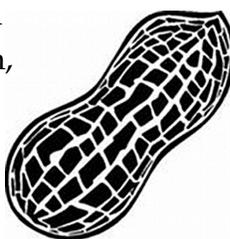
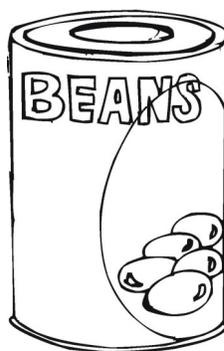
**5. Beans (Canned or Dried)** - You can't go wrong with these little guys. Like lentils, beans are packed with protein, making them an economical alternative

to meat, poultry, and seafood. Plus, they're healthy – loaded with fiber, which, among other things, maintains digestive health, reduces cholesterol levels, and keeps blood sugars under control.

Stockpile these pantry staples when they go on sale; dried beans will keep for up to a year, and canned beans last twice as long. If you choose canned beans, buy low-sodium whenever possible and be sure to thoroughly rinse before using to remove excess salt from the canning liquids.

Substitute beans for ground meat in chilies, tacos, soups, or burgers, or add them to cold salads. Pureed beans can even be used as a healthy, low-fat alternative to butter or oil in baked goods.

**6. Peanut Butter** - Peanut butter is a concentrated source of protein, as well as heart-healthy



monounsaturated fats, vitamin E, and B vitamins. Of course, it's also a concentrated source of calories, so make sure you limit yourself to no more than two tablespoons per serving (two level tablespoons are 195 calories).

Your money will be better spent if you choose natural peanut butters without added sugars or other additives. For a thrifty, wholesome breakfast, enjoy peanut butter spread on whole-wheat toast. Or squirrel away the cash you'd normally shell out for an expensive deli sandwich and have a "grown-up PB&J" for lunch – a real comfort food – by substituting sliced fresh fruit (apples or bananas work best with the bonus of being among the cheapest fruits) for jelly on your sandwich.

**7. Canned Salmon** - The healthy benefits of eating omega-3-rich fish like wild salmon are clear, but the price of fresh fish can be hard to swallow, especially if you're feeding an entire family. Canned wild (Alaskan) salmon is a much more economical way to get your weekly fish quota. If you're willing to spend just a



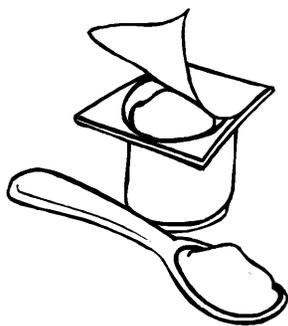
few extra minutes removing the bones and skin yourself

(rather than buying the boneless, skinless variety), you can save yourself even *more* money.

Canned salmon is perfect for cold salmon salad and warm salmon melts, and it makes great salmon cakes when mixed with egg, milk, and whole oats. Kids will love its mild flavor, too. Of course, canned salmon provides a hefty dose of sodium, so you'll want to take that into consideration if you're watching your salt intake.

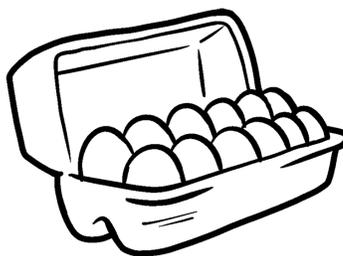
### 8. Fat-Free Yogurt -

An easy protein- and calcium-rich snack or breakfast option is fat-free yogurt. If your family



members are big fans of this dairy favorite, consider buying the large 32-ounce tubs instead of the pricier individual cartons.

Purchasing yogurt in portable six-ounce containers *is* convenient, but your wallet will be rewarded (you'll save at least 20 percent) by taking a few extra seconds to scoop out an individual serving into a plastic container or bowl. Since the 32-ounce containers come in only a limited number of flavors, keep plenty of fun add-ins such as fresh fruit, raisins, and flavored extracts on hand to add some variety.

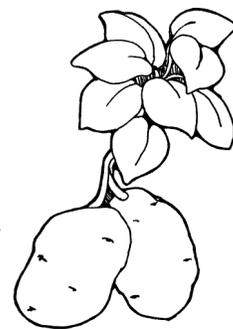


**9. Eggs -** Eggs are another low-cost, high-quality protein source. When stored properly in the fridge, raw eggs last about three weeks in the shell, so stock up when they're on sale. Also consider buying one of the trays of 18 or two dozen that are available in some grocery and club stores to save a few more pennies. Use eggs to whip up cost-effective, meatless dinner entrées like omelets, frittatas, low-fat quiches, and egg sandwiches. Replace some of the

whole eggs in these recipes with egg whites to lower the calories, fat, and cholesterol.

**10. Sweet Potatoes -** Our list of cheap eats would not be complete without the humble potato. For an added boost of nutrition, try replacing your regular old white potatoes with sweet potatoes.

Like white potatoes, they are one of the richest sources of potassium, but ounce for ounce, sweet potatoes deliver more fiber, vitamin C, and beta-carotene than their pale cousins. These nutritional powerhouses don't have to be limited to Thanksgiving dinner, either. Turn sweet potatoes into everyday favorites: Use them to



prepare oven fries, mashed potatoes, and stews. Or, for a super-easy side, pierce a whole sweet potato with a fork, wrap

in a damp paper towel, and microwave for four to five minutes. Top with nonfat Greek yogurt... or salsa for a little kick! One medium-sized sweet potato provides about 200 calories.



# Volunteer Board Bulletin

## Strawberry Trivia Fun Facts

- Strawberries are the only fruit with seeds on the outside.
- The average strawberry has 200 seeds
- Strawberries are low fat, low calorie; high in vitamin C, fiber, folic acid, potassium
- Strawberries, as part of a 5 a day fruit & vegetable program, can help reduce the risk of cancer & heart attacks
- Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita
- Strawberries are the first fruit to ripen in the spring
- There is a museum in Belgium just for strawberries
- Strawberries are a member of the rose family
- In medieval times, strawberries were served at important functions to bring peace & prosperity.
- Folk lore states that if you split a double strawberry in half and share it with the opposite sex, you'll soon fall in love.



## Getting down to Earth with Strawberries:

- Birds are responsible for distributing strawberry seeds everywhere.
- Strawberries are indigenous to every continent except New Zealand, Australia, and Africa.
- Not every single flower will produce a strawberry.
- A strawberry will not ripen once it is picked.
- Strawberries do not grow from seeds. Instead, they reproduce with long shoots of new growth.
- California produces over one billion berries annually. Laying them side-by-side would allow them to circle the earth several times.

## Happy Birthday

to our Volunteers celebrating in August!

- Joe Sullivan .....12
- Marjorie Hull .....13
- Diane Bosco.....20
- Suzanne Cartier.....23
- Frank Imbimbo .....24



## Volunteer drivers needed

to take people to their medical appointments. Local drivers needed for the Glens Falls/Queensbury area as well as northern Warren/Hamilton County drivers.



Mileage reimbursement is available.

We ask our clients to give us at least one week's notice before the appointment.

If you are interested please call Office for the Aging at 761-6347.

Ask for Suzanne regarding volunteer opportunities.

Fill Your Time & Your Heart Helping Others



# At the Beach Word Search

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

BALL

JELLYFISH

SHOVEL

BOAT

OCEAN

SUNBLOCK

BUCKET

PIER

SURF

CRAB

SANDCASTLE

SWIMSUIT

DOLPHIN

SEAGULL

UMBRELLA

FISH

SHELLS

WHALE

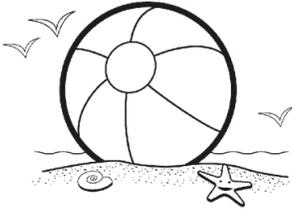


# August 2016

Warren/Hamilton Counties Office for the Aging

Menu by: Catherine Keating-Stauch, RD 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
<b>August 1</b> Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple	<b>August 2</b> Apple n' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	<b>August 3</b> Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes	<b>August 4</b> Quiche of the Day Muffin of the Day Mixed Veggies Strawberries & Banana	<b>August 5 Cold Plate</b> Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie
<b>August 8</b> Breaded Haddock Au gratin Potatoes Japanese Veggies Rice Pudding/Topping	<b>August 9</b> Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange	<b>August 10</b> Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes California Medley Peaches	<b>August 11</b> American Goulash Tossed Salad Asparagus Apricots	<b>August 12 Cold Plate</b> Chicken Salad /Romaine Pasta Salad Tomato, Onion & Cucumber Salad Spice Cake
<b>August 15</b> Chicken Pot Pie with Potatoes & Veggies Spinach Chilled Pears	<b>August 16</b> Meatloaf Mashed Potatoes Carrots Cookies of the Day	<b>August 17</b> Chicken & Stuffing Casserole Sweet Potatoes Peas Tropical Fruit Cup	<b>August 18 Cold Plate</b> Sliced Roast Beef Plate with Potato Salad & Coleslaw Sandwich Roll Birthday Cake	<b>August 19</b> Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
<b>August 22</b> Salisbury Steak Potato of the Day Oriental Veggies Sliced Pears	<b>August 23</b> Baked Fish Scandia Orange Rice Pilaf Broccoli Carrot Cake	<b>August 24</b> Sloppy Joes on a Bun Summer Squash & Zucchini Corn Mandarin Orange	<b>August 25 Cold Plate</b> Chef Salad – (Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Strawberry Shortcake	<b>August 26</b> Macaroni & Cheese Stewed Tomatoes Carrot Raisin Salad Fresh Fruit
<b>August 29</b> Tortellini Alfredo with Chicken Italian Veggies Tropical Fruit Cup	<b>August 30</b> <b>Chef's                      Choice</b>	<b>August 31</b> Meat Lasagna Scandinavian Veggies Tossed Salad Dump Cake		<b>Suggested                      Contribution                      Per Meal: \$3</b>

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