



# 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

October

2017

## Office Staff

Deanna "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*  
Catherine Keating - *Stauch -  
Registered Dietician / Menu*  
Mary Ann McCarthy - *Supervisor of  
Volunteers*

**Newsletters are available  
online at-**

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

Or contact the office at (518)761-  
6347 to be added to our mailing  
list.

## NOTICE OF PUBLIC HEARINGS



### *You are Invited*

It is time for our annual **Public Hearings**. We will be discussing the office's service plan for seniors for 2018. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice. Also interpreter's services can be arranged on request. All sites are handicap accessible.

**Hearings will be conducted at the following sites:**

*October 25<sup>th</sup> Chestertown Town Hall*

*Time: 11:30am 518- 494-3119*

*November 17<sup>th</sup> Indian Lake Nutrition Site*

*Time :11:30am 518-648-5412*

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Deanna Park, Director, Warren/ Hamilton Counties for the Aging

# NY Connects: Connecting You To Social Supports In Our Community

## Are you helping a family member and need some help?



Do you need help for yourself with personal care, laundry, meal preparation? Are you wondering and not sure what is available to help you? Would you like to re-locate or modify your current home and need information on choices?

**NY Connects**, a program of Warren/Hamilton Counties Office for the Aging provides free information and assistance on many services and is for anyone of any age, income or insurance who needs long term care information and assistance.

**Call NY Connects at 1-866-805-3931.**

## NY Connects: Connecting you to our Community

### **Saratoga Pride is a network of LGBTQ community members dedicated to:**

- **Fostering connections among LGBTQ community members and visitors to the region**
- **Enhancing the visibility of the LGBTQ community in Saratoga and the surrounding region**
- **Recognizing local businesses and organizations that welcome the LGBTQ community**
- **Increasing awareness of LGBTQ-owned and inclusive businesses and services in the region.**



Oct 4 Milk (biopic about gay activist Harvey Milk)—2008; dir. Gus Van Sant; 2 hr 8 min; rated R—starring Sean Penn

[http://www.imdb.com/title/tt1013753/?ref=mv\\_sr\\_1](http://www.imdb.com/title/tt1013753/?ref=mv_sr_1)

Oct 11 Ma Vie En Rose (a child identifies as a “girlboy”)—1997; dir. Alain Berliner; 1 hr 20 min; rated R—French with English subtitles

[http://www.imdb.com/title/tt0119590/?ref=mv\\_sr\\_1](http://www.imdb.com/title/tt0119590/?ref=mv_sr_1)

Oct 18 God Loves Uganda (documentary about evangelical American missionaries promoting homophobia)—2013; dir. Roger Ross Williams; 1 hr 23 min; unrated

[http://www.imdb.com/title/tt1874513/?ref=mv\\_sr\\_1](http://www.imdb.com/title/tt1874513/?ref=mv_sr_1)

Oct 25 For the Bible Tells Me So (documentary about growing up and coming out gay in 5 different Christian families)—2007; dir. Daniel Karlslake; 1 hr 35 min; unrated

<http://www.imdb.com/title/tt0912583/>

**Show time 6:30 PM. Each screening followed by panel discussion. More details to follow. For more information contact: Terry Diggory; [tdiggory@skidmore.edu](mailto:tdiggory@skidmore.edu); 518-587-3537.**

WARREN COUNTY PUBLIC HEALTH  
 2017 SEASONAL FLU & PNEUMONIA VACCINE CLINIC  
 Tel #: (518)761-6580



Date	Day	Location	Time
10/2/2017	Monday	Chestertown Municipal Center	12:30pm - 1:30pm
10/3/2017	Tuesday	Cronin High Rise	9:30am - 10:30am
10/3/2017	Tuesday	Stichman Towers	11:00 - Noon
10/4/2017	Wednesday	Bolton Town Hall Lake Shore Drive	1:00pm - 2:00pm
10/5/2017	Thursday	Warren County Municipal Center Room 5110	4:30pm - 5:30pm
10/11/2017	Wednesday	North Creek/Johnsburg Senior Center	12:30pm - 1:30pm
10/12/2017	Thursday	Lake Luzerne Senior Meal Site	10:30am - 11:30am
10/13/2017	Friday	Queensbury Community Center	11:00am - 3:00pm
10/16/2017	Monday	Glens Falls Senior Center	Noon - 2:00pm
10/17/2017	Tuesday	Lake George Town Hall	11:00am - Noon
10/19/2017	Thursday	Warren County Municipal Center Room 5110	4:30 - 5:30pm
10/23/2017	Monday	Warrensburg Town Hall	10:00am - 11:00am
10/26/2017	Thursday	Warren County Municipal Center Room 5110	4:30pm - 5:30pm
11/2/2017	Thursday	Warren County Municipal Center Room 5110	4:30pm - 5:30pm

***It is strongly recommended that ALL persons of any age receive Flu Vaccine each year!***

We are offering Flu Shots. We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC. Cost of High-Dose flu is \$48.00. We are using the quadrivalent Flu vaccine for all others. Cost of Flu is \$30.00. Pneumonia vaccine will also be available. Prevnar 13 will cost of \$220.00 and Pneumovax will cost \$135.00. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.

HAMILTON COUNTY PUBLIC HEALTH  
 2017 SEASONAL FLU & PNEUMONIA VACCINE CLINICS

Please call  
 518-648-6497

for an appointment. Walk-ins  
 are welcome.

\*Please bring Insurance card  
 with you\*

**COST: Flu Vaccine**

Medicaid/Medicare  
 FREE

Private Insurance \$25  
 ( cash/check)

**Pneumonia Vaccines**

Medicaid/Medicare  
 FREE

Private Insurance \$65  
 ( cash/check)

Date	Location	Time
October 2nd	Blue Mountain Lake: Firehall	9am - 9:30am
	Raquette Lake	10am - 10:30am
	Indian Lake: Public Health	2pm -4pm
October 4th	Inlet: Town Hall	1pm - 2pm
October 10th	Morehouse: Post Office	11:30am - 12noon
	Piseco: School	1pm - 2 pm
	Speculator: Lake Pleasant Senior Citizens Building	2:30 pm -4pm
October 11th	Wells: Ambulance Building	12:30pm - 1:30pm
	Hope: Town Hall	2:30pm - 3:00pm
October 12th	Long Lake: Library	11:30am -12:00noon



### Some of the Most Fattening Foods of Fall

So what exactly are the diet-spoilers to watch out for this season?  
Here are some fall foods that can really pack a caloric punch:

1. **Halloween candy.** Stash sweets out of sight, and be prepared to satisfy your midday hunger pangs with something more nutritious. If you must, chew a piece of sugarless gum.
2. **Cream soups and hearty stews.** Cream of baked potato and broccoli cheese soups and beef stroganoff may seem like perfect fall foods, but beware. "Warm soups and stews feel so nutritious, but if they are loaded with cream, cheese, or meat, they are also loaded with calories. So choose broth and vegetable based soups and stews to fill you up for fewer calories.
3. **Root vegetables.** While many are super-nutritious, root vegetables can quadruple in calories when you cream them, fry them, or mix them with cheese, cream, butter, canned soups, or crispy bacon. A sweet potato casserole can easily have 500 calories per serving -- 400 more than a simple roasted sweet potato. Shave calories by eating root veggies oven-roasted or grilled. If you just can't pass on the mashed potatoes, skip the gravy and keep the portion to 1/2 cup.
4. **Seasonal beverages.** Hot toddies may keep you warm at night, but these hot drinks, along with hot chocolate, pumpkin-spice lattes, eggnog, and apple cider are a quick and easy way to take in lots of extra calories. A 16-oz. Starbucks pumpkin spice latte with 2% milk and whipped cream packs 380 calories, while the same size caramel apple cider has 410 calories. So try a hot cup of green or flavored tea, rich with antioxidants and calorie-free. When you choose to drink alcohol, opt for light beer or wine spritzers, and limit yourself to one or two.
5. **Apple, pecan, and sweet potato pies.** These fall favorites start with healthy ingredients such as heart-healthy nuts or antioxidant-rich fruits and vegetables -- but they also include high-calorie ingredients. Rich, buttery pie crusts, sweet fillings, and the customary whipped cream or ice cream topping make these pies decadent and full of calories. Skip the crust, add a dollop of light whipped topping, and serve yourself only a sliver to enjoy these yummy desserts.
6. **Stuffing.** There are so many versions of stuffing, most containing high-fat ingredients such as sausage and butter. And the calories keep coming when the stuffing is served with a ladle or two of gravy. "You can make a low-fat stuffing using fruits, vegetables, and stock, but you still need to keep the portion small and try to avoid smothering it in gravy.

### Fight Fattening Food

**Follow these tips to help you enjoy fall's harvest without the extra calories:**

- Rule No. 1 is to try enjoying the autumn harvest simply prepared, without lots of extra fat and sugar. A roasted sweet potato is so delicious it really needs nothing, so skip the butter, brown sugar, nuts, and marshmallows.
- Get moving. Do some push-ups, sit-ups, or jumping jacks during halftime or commercials. Stay active and be consistent with your routine, or try to get 10,000 steps each day.
- Don't keep tempting food out. Put those candy bowls out of sight.
- Be aware of the amount of food you're eating. Check your portion sizes and compare to the nutrition information on the recipe or package. It is easy to eat two to three times as much as the normal portion size.
- Eat mindfully by paying attention to the food on your plate, eliminating distractions like the television and chewing slowing to enjoy each mouthful and allowing your brain time to get the signal that you are full. Use low-fat cooking techniques and substitutions to help trim calories without compromising flavors. You can enjoy comfort foods, but you have to do so in moderation and try to lighten recipes so they are not overloaded with fat and calories.

*Adopted by: WebMD*



## Pumpkins have numerous health benefits.

It's a shame that pumpkin is only popular for two months out of the year.

This low-calorie squash is rich in potassium and loaded with beta-carotene (powerful antioxidant), and its natural sweetness brings flavor to baked goods without any added guilt.



## HEALTHY PUMPKIN SOUP

Prep Time: 10 mins    Total Time: 40 mins    Servings: 4

### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 kg pumpkin flesh, chopped ( I use butternut) (approx. 8 cups of raw pumpkin)
- 1 carrot
- 3 sprigs fresh rosemary
- 4 cups chicken stock or 4 cups vegetable stock
- 3 bay leaves
- 1 cup skim milk powder

### DIRECTIONS

1. In a large saucepan, heat olive oil and gently cook onion without browning, for 3-4 minutes.
2. Add pumpkin, carrot and rosemary and cook, stirring for 2-3 minutes.
3. Add stock and bay leaves.
4. Bring to the boil, cover and simmer for 12-15 minutes until vegetables are tender.
5. Remove any rosemary stalks and bay leaves.
6. Place a third of the soup in the blender with a third of the skim milk powder and puree.
7. Pour into a large bowl.
8. Repeat with the remaining soup and milk powder and pour the whole lot back into the saucepan, heat through and serve.
9. For Vegetarian use vegetable stock.

**NUTRITION FACTS** Serving Size: 1 (553 g) Servings Per Recipe: 4 Amount Per Serving: Calories 259.4, Calories from Fat 60, Total Fat 6.7g, Cholesterol 10.2mg, Sugars 17.9 g, Sodium 450.7mg, Total Carbohydrate 37.6g, Dietary Fiber 2.1g, Sugars 17.9 g, Protein 14.9g



## Pumpkin Dip

Yield 12 servings (serving size: 2 tablespoons dip and 2 apple slices)

Bring out the best of fall's flavors with this super-easy pumpkin dip, perfect for enjoying with fresh

### Ingredients

- 3/4 cup (6 ounces) 1/3-less-fat cream cheese
- 1/2 cup packed brown sugar 1/2 cup canned pumpkin 2 teaspoons maple syrup
- 1/2 teaspoon ground cinnamon
- 24 apple slices

### How to Make It

Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apple.

Nutritional Information: Calories per serving 107, Fat 3.2g, Protein 2g, Carbohydrate 18.3g, Fiber 1.4g, Cholesterol 10mg, Iron 1mg, Sodium 87mg, Calcium 35mg

## Pumpkin Pancakes

Yield 4 servings (serving size: about 2 pancakes, without syrup or honey)

Festive and flavorful, these pancakes contain half the calories of those made with buttermilk. Plus, pumpkin contains beta-carotene, which may reduce the risk of developing certain types of cancer and offer protection against heart disease.

### Ingredients:

- |                          |                                |
|--------------------------|--------------------------------|
| 1/2 cup canned pumpkin   | 1/2 cup low-fat vanilla yogurt |
| 1/4 teaspoon baking soda | 1 large egg yolk               |
| 1/4 cup cake flour       | 4 large egg whites             |
| 1/4 teaspoon salt        | Cooking spray                  |
| Maple syrup or honey     |                                |

### How to Make It:

Whisk together pumpkin, yogurt, baking soda, egg yolk, and flour. Whisk egg whites with salt; fold into pumpkin mixture. Heat a large nonstick skillet coated with cooking spray over medium heat. Spoon in 1/3 cup batter for each pancake. Flip when tops are covered with bubbles and edges are slightly brown (about 3 minutes per side). Drizzle with syrup or honey.

**Nutritional Information:** Calories per serving 90, Fat per serving, Protein per serving 7g, Carbohydrate per serving 12g, Fiber per serving 1g, Cholesterol per serving 55mg, Iron per serving 1mg, Sodium per serving 299mg, Calcium per serving 69mg

Recipes adopted by: Health





# GLENS FALLS SENIOR CENTER

Located at: 380 Glen Street, Glens Falls, NY 12801

Phone (518)793-2189 E-Mail: [kbrenfseiors@gmail.com](mailto:kbrenfseiors@gmail.com)

**New Members Are Welcome come Join our Family**

## HERE ARE SOME OF THIS MONTH'S HIGHLIGHTS

Mon-10/2	Hick's Farm/A.J.'s for Lunch	10 am
Mon-10/2	Karen's Art Class-Cost: \$15-all supplies provided	12:30 pm
Mon-10/2	Book Club- <i>"Women In Cabin 10"</i> by Ruth Ware	1pm
Tues-10/3	Short Stories with Bea Roman	1 pm
Tues-10/3	Understanding & Responding To Dementia Behavior- Alzheimer's Association	1 pm
Wed-10/4	12:00 pm-Lunch at Domino's/Strand Theatre-Hudson Falls	1 pm
Thurs-10/5	Hearing Evaluation from Glens Falls Hospital	1 pm
Fri-10/6	Shoebox Packing Party	1 pm
Mon-10/9	Center Closed-Columbus Day!	9-4
Tues-10/10	Flu Clinic/Rite Aid	9:30 am
Tues-10/10	Reverse Mortgage with Tom Clements	1 pm
Wed-10/11	Defensive Driving Class-AARP members \$20/nonmembers \$25. Lunch provided \$6	9-4
Wed-10/11	Colonie Mall Shopping	9 am
Thurs-10/12	Color Purple/Proctor's Theatre- <b>Van leaves Center at 12:00 pm</b>	1:30 pm
Fri-10/13	Center Closed-Fall Fair Set up	9-4
Sat-10/14	Fall Fair-Crafts, Jewelry, Collectibles, Housewares, Linens, Plants, toys, books etc.	9-2
Mon-10/16	Flu Clinic/Public Health	12-2
Tues-10/17	12:00 pm Pizza/Movie-Cost: \$1 per slice- <b><u>Must call ahead to reserve</u></b>	1 pm
Wed-10/18	Annual Health Fair/Medicare 101	1 pm
Thurs-10/19	MacBrook Farm, Argyle/Lunch at Auction Barn/Visit Battenkill Creamery	9:30 am
Thurs-10/19	Humana with Jim Williams	1 pm
Fri-10/20	Blue Shield with Casey Bates	1 pm
Mon-10/23	Newsletter Mailing-Volunteers needed!	1 pm
Tues-10/24	Fidelis Insurance with Ed Reilly	1 pm
Wed-10/25	Today's Options with Cathy DeGregoria	1 pm
Thurs-10/26	MVP with Cathy Rivera-Whitehead	1 pm
Fri-10/27	United Health with Maureen Hallaran	1 pm
Mon-10/30	Senior Stitchers	10 am
Mon-10/30	EPIC with Mark McLaughlin	1 pm
Tues-10/31	Halloween Luncheon and Paranormal Society after lunch	12 pm
<b><u>Ongoing Activities at a Glance:</u></b>		
Monday- Friday	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga- with Tobey	10:30 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	9-10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	

**\*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.**

# Meal Site Closed

Columbus Day

Monday, October 9th



# Happy Birthday

to our Volunteers celebrating in

## October!

### OCTOBER

<i>Val Bucci</i> .....	1
<i>Judy Petrazzuolo</i> .....	7
<i>Andy Houtman</i> .....	8
<i>Priscilla Sanderspre</i> ....	8
<i>Ellen O'Hara</i> .....	10
<i>Maureen Shaughnessy</i> ...	12
<i>Clara Fiore</i> .....	21
<i>Jacqueline Varnado</i> .....	26

# Wells Seniors



### UPCOMING EVENTS

- ◆ **October 3 Tuesday—AARP Smart Driver Class, 9am—3:30 pm. Attendees get a 10% insurance reduction sign up at the meal site.**
- ◆ **October 11 Wednesday—Business Meeting and speaker on “Roads Scholar about travel programs.**
- ◆ **October 25 Wednesday—Senior Social at 12:45pm**
- ◆ **November 8 Wednesday Business Meeting and speaker on Medicare update and open enrollment.**

### Upcoming Shopping Trips



**10/ 18 Aviation Mall, Queensbury**

**11/15 Colonie Center Mall, Albany**

**12/20 Sangertown Mall, Utica**



*Special Thanks to the United Methodist Church of Queensbury for their very generous donation of \$500 to the Home Delivered Meals Program*

**Thank YOU!**

### CREATING CHOICES

#### Advance Planning Directives

[PRESENTATION]

October 19th

5:30-7:00PM

Richard’s Library, Warrensburg



New York State  
Legal Services Initiative

## Canadian Rockies

with overnight train experience

Sept 16th - 24th 2018

### Itinerary at a Glance

- Day 1 Westin Calgary, Calgary, Alberta
- Day 2 – 3 The Fairmont Banff Springs, Banff, Alberta
- Day 4 The Fairmont Chateau Lake Louise, Lake Louise
- Day 5 Sawridge Inn and Conference Centre, Jasper, Alberta
- Day 6 VIA Rail Canada, Toronto, Ontario
- Day 7 – 8 Georgian Court Hotel, Vancouver, British Columbia



**Don't miss  
Information Meeting  
Sept. 27th 2017 1pm**

Please sign up if you plan to attend

## Bike Block Island Recap Sept 6th-8th 2017



Our new venture went extremely well. We were able to get in three days of biking along with some hiking, kayaking and sailing(motoring). We had some great meals together and had time to explore the quaint harbor town on our own. The weather miraculously changed from dismal to glorious and we enjoyed this wonderful Island paradise without the crowds of summer. I was so impressed with our groups energy and enthusiasm for this physical endeavor and greatly appreciated the skilled hands -on service provided by **Great Freedom Adventures**. A special thanks to CDPHP who sponsored the trip by providing all participants with a windbreaker jacket that perfectly suited our needs. **QSC** is looking to expand it's offerings to provide options for fun moderately physical activities that support healthy living with a continued spirit of comradery which we have become known for.



## Visit San Antonio Texas

Side excursion to Austin

Note: Date has changed!

Departure date is now

Nov 11th 2018

Presentation on this trip

to be announced

*Travel with Collette*



## Northeast Ballet's Annual Nutcracker At Proctors Theatre

Making its annual return to the MainStage is everyone's favorite holiday ballet. Enter a world of Christmas dreams to the joyous music of Tchaikovsky in this annual year-end favorite. Join the Sugar Plum Fairy, the heroic Nutcracker Prince and the evil Rat King in this whimsical celebration of the season. A great way to get in the holiday spirit!

Enjoy a plated hot lunch at the Stockade Inn in Schenectady prior to the 2pm matinee. Your choice of entree from a pre-selected menu. Transportation included.



Member Cost \$74 Non-member \$84

**Deadline Wed. Nov. 1st**

**This is a Level 1 Trip**  
Which requires minimal physical activity.  
You should be in good health & be able to  
climb several stairs and walk to and from venues.





# OCTOBER



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

APPLE	DABINETT	PINTA	CIDER	CHOCOLATE
COLUMBUS	HALLOWEEN	FOLIAGE	NFL	LIBRA
SENIC	PUMPKIN	NBA	CANDY	CAT
ORCHARD	TOURMALINE	GHOST	VIVALDI	MARIGOLD



# October 2017

Warren/Hamilton Counties Office for the Aging

Menu by: Catherine Keating-Stauch, RN CDN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October 2</b> Salisbury Steak/Gravy Mashed Potatoes California Medley Chilled Pineapple	<b>October 3</b> Macaroni & Cheese Stewed Tomatoes Marinated Carrots Mandarin Orange	<b>October 4</b> Turkey Divan Broccoli Rice Veggie Casserole Gingerbread/Topping	<b>October 5</b> Beef Stew Boiled Potatoes/Carrots Biscuit Cookie of the Day	<b>October 6</b> Lemon Baked Fish Roasted Red Potatoes Green Beans Fresh Grapes
 <b>October 9</b> Meal Site Closed	<b>October 10</b> Apple n' Onion Chicken Sweet Potatoes Spinach Mandarin Orange	<b>October 11</b> Swedish Meatballs Over Noodles Scandinavian Veggies Fruited Gelatin	<b>October 12</b> Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake Happy Birthday!	<b>October 13</b> Tamale Pie California Medley Coleslaw Cranberry Crunch
<b>October 16</b> Creamy Chicken Casserole Sweet Potatoes Peas & Onions Tropical Fruit Salad	<b>October 17</b> Beef Pot Pie with Potatoes and Veggies Winter Squash Chilled Peaches	<b>October 18</b> Turkey Pot Roast Cranberry Sauce Mashed Potatoes Carrots Strawberry Shortcake	<b>October 19</b> Quiche of the Day Scandinavian Veggies Muffin of the Day Pears	<b>October 20</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Carrot Cake
<b>October 23</b> Creamy Parmesan Fish Potato of the Day Mixed Veggies Pudding of the Day	<b>October 24</b> Pepper Steak Mashed Potatoes Brussels Sprout Chilled Pineapple	<b>October 25</b> Eggplant Parmesan Spaghetti/Marinara Sauce Peas & Onions Apple Crisp	<b>October 26</b> Cheeseburger Pie Roaster Potato Bites Scandinavian Veggies Mandarin Oranges	<b>October 27</b> Juice of the Day Chicken & Biscuit Broccoli Fresh Fruit
<b>October 30</b> Chicken Parmesan Penne Pasta/Marinara Sauce Cauliflower Chilled Peaches	<b>October 31</b> Happy Halloween Cauldron of Chili Frightening Fiesta Rice, Creepy Corn Petrifying Pumpkin Bar			

Meal site numbers:

Bolton: (518)644-2368

Cedars: (518)832-1705

cedars@warrencountyny.gov

Chestertown: (518)494-3119

Johnsburg: (518)251-2711

Long Lake: (518)624-5221

Warrensburg: (518)623-2653

Lake Pleasant: (518)548-4941

Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200

First Presb. Church Glens Falls &

Solomon Heights, Queensbury:  
(518)832-1705

Wells: (518)924-4066