

AUGUST 2025

OUR LADY OF FATIMA
1735 ALEXANDER ROAD
DELANSON, NY 12053

MONDAY, WEDNESDAY, FRIDAY
10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.
1% MILK IS SERVED DAILY
CALL (518)382-8481 X 1 TO RESERVE OR
CANCEL MEAL.

SUGGESTED MEAL CONTRIBUTION:
REGISTERED GUESTS 60 AND OVER - \$2.00
REQUIRED FEE FOR GUESTS UNDER 60 -
\$10.00

CASH PREFERRED

MENU ITEMS ARE SUBJECT TO CHANGE

RESERVATIONS ARE REQUIRED

SCHENECTADY COUNTY SENIOR &
LONGTERM CARE WEBSITE:
WWW.SCHENECTADYCOUNTYNY.GOV

NY CONNECTS
(518) 382-8481 X1

Monday

Tuesday

Wednesday

Thursday

Friday

				Chair Exercise 1 Beef Taco Lettuce, Tomato & Onion Churros
Dominos 4 Chicken with White Sauce Sautéed Broccoli Pasta Peach	5	Corn Hole 6 Cottage Cheese Plate Carrot Raisin Salad Pineapple Ice cream/Whipped Cream	7	Summer Craft 8 Turkey Vegetable Loaf Carrots Sweet Potato Oatmeal Cookie
EPIC Presentation 11 Beef Garden Salad Pasta Watermelon	12	Show and Tell 13 Turkey Chili w/ beans and Vegetables Tortilla Chips Yogurt Sunday	14	BINGO 15 Chicken Cordon Blue Sweet Potato Fries Green Beans Brownies
Roll the Dice 18 Chicken Françoise Green Beans Ravioli Melon	19	Domino 20 Turkey Sloppy Joe Vegetable Brussel Sprouts Apple Pie	21	Movie 22 Beef Salisbury Steak Peas & Carrots Mashed Potato Coconut Squares
Summer Colors 25 Ravioli w/ Meat Sauce Broccoli Fruits Kabob	26	Birthday Celebration 27 Lemon Herb Fish Watermelon Feta Roasted Zucchini Couscous Orange EVOO Cake	28	Cornell Corp. 29 Lemon Chicken Picatta Roasted Carrots and Broccoli Rice Pilaf Pears

THE SENIOR NUTRITION PROGRAM HELD AT OUR LADY OF FATIMA IS OPERATED BY SIMONE'S UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

Simone, RDN 7/24/25

AUGUST 2025

JEWISH COMMUNITY CENTER
2565 BALLTOWN ROAD,
NISKAYUNA, NY 12309
MONDAY, WEDNESDAY,
FRIDAY 10:00AM-1:00PM



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 WEDNESDAYS.

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Monday

Tuesday

Wednesday

Thursday

Friday

				Beanbag Ladder Toss Game 1 Roast Turkey Fresh Carrots Cranberry Sauce Mashed potatoes White cake
Beachy Bottle Lamps 4 Baked Salmon Green Beans Baked Potatoes Cupcake	5	Word Games 6 Riva Chicken Roast Carrots Brown Rice Brownies	7	Bingo 8 Roast Brisket Roasted Mixed Vegetables Roasted Potatoes Brown Cake
Shooting Stars Paint Project 11 Baked Chicken legs Mixed Veggies Cole Slaw Fresh Fruit	12	Zentangles Drawing Project 13 Turkey Meat Loaf Peas and Carrots Whipped Potatoes Cup Cake	14	Relaxation Activities 15 Chicken Francaise Mixed Vegetables Potato Chocolate cookies
Resin Craft Floral Jewelry 18 Greek Chicken Mixed Garden Salad Basmati Rice Fresh Whole Fruit	19	What is Your Legacy? 20 Stuffed Cabbage Zucchini Carrots White Cake	21	Summer Puzzles 22 Pot Roast Potato Roasted Vegetables Lemon Cake
Frame Picture Tray Craft 25 BBQ Chicken Cole Slaw Potato Salad Corn Bread Cup Cake	26	Summer Word 27 Search Chicken Schnitzel Italian Veggies Pasta Fruit Salad	28	20 Questions Game 29 Roast Turkey Fresh Carrots Cranberry Sauce Mashed-potatoes White cake

THE SENIOR NUTRITION PROGRAM HELD AT SCHENECTADY JEWISH COMMUNITY CENTER IS OPERATED BY 518 KOSHER UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

24th Unit, RDN 7/21/25

AUGUST 2025

GLENVILLE SENIOR CENTER
32 WORDEN ROAD,
GLENVILLE, NY 12302
MONDAY THRU FRIDAY
11:00AM-1:00PM
LUNCH SERVED: 11:45AM



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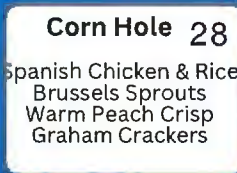
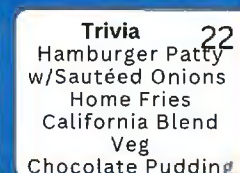
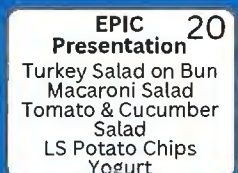
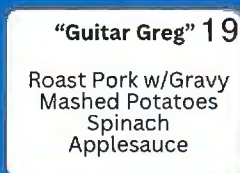
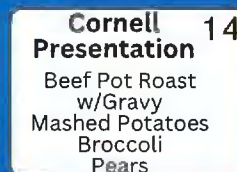
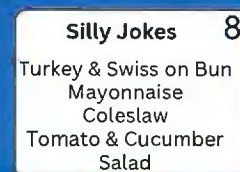
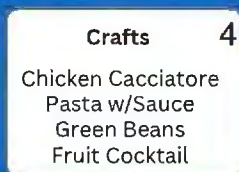
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Tuesday

Wednesday

Thursday

Friday

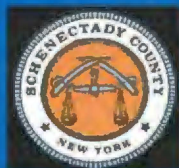


THE SENIOR NUTRITION PROGRAM HELD AT GLENVILLE SENIOR CENTER IS OPERATED BY MAZZONE'S UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY, AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

Handwritten signature: Julie Hill, RDW 7/21/25

AUGUST 2025

TEN EYCK
375 BROADWAY,
SCHENECTADY, NY 12305
MONDAY THRU FRIDAY
10:00AM-1:00PM



BREAD IS PROVIDED WITH EVERY MEAL.
1% MILK FOR THE WEEK IS GIVEN ON
WEDNESDAYS.

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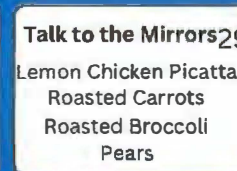
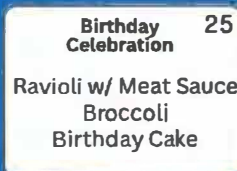
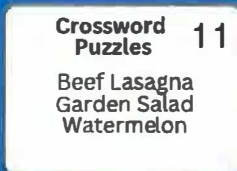
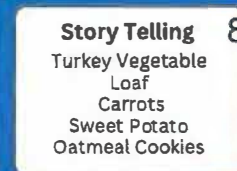
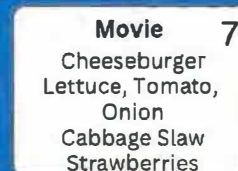
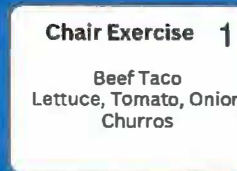
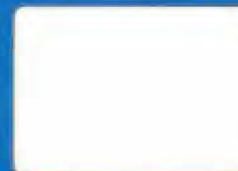
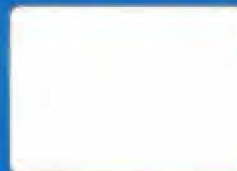
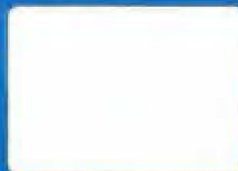
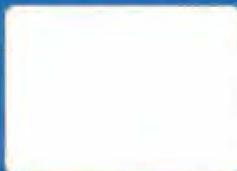
Monday

Tuesday

Wednesday

Thursday

Friday



Chair Exercise 1

Beef Taco
Lettuce, Tomato, Onion
Churros

Corn Hole 4

Chicken w/ White Sauce
Sautéed Broccoli
Pasta
Peach

Chair Yoga 5

Beef Shawarma
Garden Salad
Grilled Vegetables
Potato
Fruit Salad

Summer Craft 6

Cottage Cheese Plate
Carrot Raisin Salad
Pineapple
Ice Cream
Whipped Cream

Movie 7

Cheeseburger
Lettuce, Tomato,
Onion
Cabbage Slaw
Strawberries

Story Telling 8

Turkey Vegetable
Loaf
Carrots
Sweet Potato
Oatmeal Cookies

**Crossword
Puzzles 11**

Beef Lasagna
Garden Salad
Watermelon

Guess Who 12

Philly Steak
Garden Salad
Potato Wedges
Banana

Roll the Dice 13

Turkey Chili w/
Beans and
Vegetables
Tortilla Chips
Yogurt Sunday

Game Day 14

Tuna, lettuce and
Tomato Sandwich
Coleslaw
Greek Salad
Fluff Cake

BINGO 15

Chicken Cordon Blue
Sweet Potato Fries
Green Beans
Brownies

**EPIC
Presentation 18**

Chicken Francoise
Green Beans
Ravioli
Melon

BINGO 19

Beef Kabob
Grilled Vegetables
Hummus
Banana

**Mingle &
Socialize 20**

Turkey Sloppy Joe
Vegetable
Brussel Sprouts
Apple Pie

**Music from the
50's 21**

Pulled Pork
Green Beans
Quinoa Pilaf
Apple Sauce
Grapes

Corn Hole 22

Beef Salisbury Steak
Peas & Carrots
Mashed Potato
Coconut Squares

**Birthday
Celebration 25**

Ravioli w/ Meat Sauce
Broccoli
Birthday Cake

Memory Games 26

Vegetarian Burger
Coleslaw
Pineapple
Tropical Fruts

BINGO 27

Lemon Herb Fish
Watermelon Feta
Roasted Zucchini
Couscous
Fruit Cup

Farmer's Market 28

Greek Chicken
Beets Feta Salad
Green Beans
Sweet Potato
Peach

Talk to the Mirrors 29

Lemon Chicken Picatta
Roasted Carrots
Roasted Broccoli
Pears

THE SENIOR NUTRITION PROGRAM HELD AT TEN EYCK IS OPERATED BY SIMONE'S UNDER CONTRACT WITH THE SCHENECTADY COUNTY OFFICE OF SENIOR & LONG TERM CARE. THE PROGRAM IS FUNDED BY THE OLDER AMERICANS ACT, NYS OFFICE FOR THE AGING, SCHENECTADY COUNTY AND CONTRIBUTIONS. THE PROGRAM PROVIDES SERVICES AND ACCESS TO SERVICES WITHOUT REGARD TO RACE, RELIGION, SEX, NATIONAL ORIGIN, PARTISAN AFFILIATION, OR SEXUAL ORIENTATION.

Handwritten signature: Simone's

Handwritten date: 7/24/25