

OCTOBER 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
<i>Substituted 9/29/25</i>	<i>pon</i>	Breast Cancer Survivor Celebration 1 Roast beef Carrots/Brussel Sprouts Mashed Sweet Potato Fruit Ambrosia	2	BINGO 3 Stuffed Squash Turkey Vegetables Brown Rice Cheese Cake
Show & Tell 6 Vegetable Quiche Turkey Sausage Pancake / Home Fries Fruit Salad	7	Games /Checkers 8 Italian Wedding Soup Grilled Swiss Cheese Cherry Cobbler	9	Fall Craft 10 Cheeseburger Coleslaw Baked Fries Apple slices
Closed 13 Columbus Day	14	Let's Go Fishing 15 Shepard's Pie w/ Turkey, Peas, Carrots & Potato Grapes	16	Movie 17 Tuna on a Bun Coleslaw Greek Salad Baked Apple w/Oat Crumble
Colors & Paint 20 Vegan Burger Lettuce/Tomato/Onion Coleslaw Sweet Potato Wedges Tropical Fruit	21	Guided Relaxation Stretch 22 Pulled Pork Green Beans Grilled Mango Rice Pilaf Pears	23	Domino 24 Beef Stew Roasted Potatoes Berries w/Whipped Topping
BINGO 27 Philly Steak Onion/Pepper/ Mushroom Garden Salad Watermelon	28	Fall Craft 29 Chicken Parm. Sauteed Broccoli Pasta Orange Cake	30	Cornell Presentation 31 Grilled Shrimp Salad Grilled Veggies Couscous Cheese cake

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.

OCTOBER 2025

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



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

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

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NY CONNECTS
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Monday

Tuesday

Wednesday

Thursday

Friday

Dish 9/21/25

2DN

CLOSED 1
 Closed for
 Erev Yom Kippur
 Holiday

2

Trivia Pursuit 3
 Roast Brisket
 Roasted Mixed
 Vegetables
 Roasted Potatoes
 Brown Cake

Closed 6
 Closed for
 Sukkot Holiday

7

Fall Picnic 8
 Turkey Meat Loaf
 Peas and Carrots
 Whipped Potatoes
 Cup Cake

9

BINGO 10
 Chicken Francaise
 Mixed Vegetables
 Potato
 Chocolate cookies

Closed 13
 Closed for
 Columbus Day
 Holiday

14

Closed 15
 Closed for Simchat
 Torah Holdiay

16

Board Games 17
 Pot Roast
 Potato
 Roasted Vegetables
 Lemon Cake

Diwali:Rangoli Sand Art 20
 BBQ Chicken
 Cole Slaw
 Potato Salad
 Corn Bread

21

Jigsaw Puzzles Warm Cider 22
 Chicken Schnitzel
 Italian Veggies
 Pasta
 Fruit Salad

23

Name that Tune 24
 Roast Turkey
 Fresh Carrots
 Cranberry Sauce
 Mashed potatoes

Clove Orange Pomander Craft 27
 Baked Salmon
 Green Beans
 Baked Potatoes
 Cupcake

28

Autumn Word Search & Crossword Puzzle 29
 Riva Chicken
 Roast Carrots
 Brown Rice
 Brownies

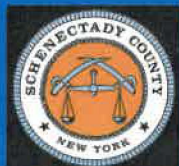
30

Pumpkin Painting 31
 Roast Brisket
 Roasted Mixed
 Vegetables
 Roasted Potatoes
 Brown Cake

THE SENIOR NUTRITION PROGRAM HELD AT SCHENETADY 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.

OCTOBER 2025

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



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

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REQUIRED FEE FOR GUESTS UNDER 60 -
\$10.00

CASH PREFERRED
MENU ITEMS ARE SUBJECT TO CHANGE

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Monday

Handwritten: 9/29/25

Share a Memory 6
Roast Pork with Gravy
Mashed Sweet
Potatoes
Veggie Trio
Pears

CLOSED 13
**Columbus
Day**

Fall Traditions 20
Pork with Fiesta
Sauce
Rice Pilaf
Veggie Trio
Corn Muffin
Peaches

Name that Tune 27
Chicken Noodle
Casserole
Broccoli
Apple Crisp

Tuesday

Handwritten: 2025

"Guitar Greg" 7
Breaded Fish with Dill
Sauce
Au Gratin Potatoes
Peas & Carrots
Mandarin Oranges

"Guitar Greg" 14
Pasta Fagioli with
Sausage
Cauliflower
Berry Crisp
Yogurt

Closed 21
Harvest Fest.

"Guitar Greg" 28
Beef Chili
Spinach
Cauliflower
Corn Muffin
Fruit Cocktail

Wednesday

BINGO 1
Roast Turkey with Gravy
Mashed Potatoes
Butternut Squash
Applesauce

BINGO 8
Teriyaki Meatballs
Egg Noodles
Asian Veggies
Fruit Cocktail

BINGO 15
Pot Roast with Gravy
Mashed Potatoes
Asparagus Veg. Medley
Pears

Birthday Celebration 22
Herb Chicken with
Gravy
Stuffing
Beets
Frosted Cake

BINGO 29
Asian Beef & Broccoli
Rice Pilaf
Wax Beans
Fig Cookies

Thursday

Game Day 2
Meatballs and Pasta
with Marinara Sauce
Broccoli
Fruit Cocktail

Game Day 9
Spanish Beef & Rice
Mixed Veggies
Peach Crisp
Corn Muffin
Yogurt

Cornell Corp. 16
Chicken with Apple
Cream Sauce
Brown Rice Pilaf
Butternut Squash
Mandarin Oranges

Game Day 23
Veggie Quiche Bake
O'Brien Potatoes
Apple Crisp
Yogurt
Mandarin Oranges

Game Day 30
Breaded Fish
Tartar Sauce
Mac & Cheese
Mixed Veggies
Applesauce

Friday

Fun Friday 3
Tuna Salad on Bun
Macaroni Salad
Marinated Veg Salad
Brownie

Fun Friday 10
Chicken & Biscuits
Mashed Potatoes
Broccoli
Applesauce

Fun Friday 17
Pasta Bake with Meat
Sauce
Broccoli
Wax Beans
Chocolate Pudding

Fun Friday 24
Turkey & Swiss on a
Bun
Potato Salad
Marinated Green
Beans
Yogurt

Fun Friday 31
Roast Pork with
Cranberry Mustard
Sauce
Mashed Potatoes
Asparagus & Bacon
Frosted Cupcake

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.

OCTOBER

2025

TEN EYCK
375 BROADWAY,
SCHENECTADY, NY 12305
MONDAY THRU 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:
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\$10.00

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NY CONNECTS
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Monday

Tuesday

Wednesday

Thursday

Friday

Handwritten: 9/29/25

Handwritten: RSN

Breast Cancer Survivors Celebration 1
Roast beef
Carrots/ Brussel Sprouts
Mashed Sweet Potato
Fruit Ambrosia

Memory Games 2
Baked Fish
Vegetable Medley
Potato Wedges
Banana Pudding

BINGO 3
Stuffed Squash
Turkey
Vegetables
Brown Rice
Cheese Cake

Show and Tell/Mingle 6
Vegetable Quiche
Turkey Sausage
Pancake / Home Fries
Fruit Salad

Chair Exercises 7
Chicken Garlic w/
White Sauce
Sautéed Broccoli
Pasta
Cherry Cobbler

Fall Craft 8
Italian Wedding Soup
Grilled Swiss Cheese
Pineapple

Roll the Dice 9
Greek Herb Chicken
Beets & Feta Salad
Green Beans
Rice Pilaf
Banana

BINGO 10
Cheeseburger
Coleslaw
Baked Fries
Apple slices

Closed 13
Columbus Day

Upper Body Stretch 14
Chicken
Vegetable Soup
Pita
Crepes

Spn The Wheel 15
Shepard's Pie w/
Turkey, Peas,
Carrots & Potato
Grapes

Movie 16
Ravioli w/ Meat sauce
Zucchini
Strawberries

Let's Go Fishing 17
Tuna on a Bun
Coleslaw
Greek Salad
Baked Apple w/Oat
Crumble

Movie 20
Vegan Burger
Lettuce/Tomato/Onion
Coleslaw
Sweet Potato Wedges
Tropical Fruit

Closed 21
Harvest Fest.

Cornhole 22
Pulled Pork
Green Beans
Grilled Mango
Rice Pilaf
Pears

Legal Aide 23
Veggie Quiche
Fruit Salad
Pancake, Apple
Square
Oatmeal Cookie

BINGO 24
Beef Stew
Roasted Potatoes
Berries w/Whipped
Topping

Audio Book Short Story 27
Philly Steak
Onion/Pepper/
Mushroom
Garden Salad
Watermelon

Color Paint 28
Chicken Quesadilla
Onions & Peppers
Rice Pilaf
Mango

Solve the Mystery 29
Chicken Parm.
Sauteed Broccoli
Pasta
Orange Cake

Corn Hole 30
Ham
Green Beans
Grilled Pineapple
Rice Pilaf
Apple Cake

BINGO 31
Grilled Shrimp
Salad
Grilled Veggies
Couscous
Cheesecake

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.