## ALLEGANY COUNTY OFFICE FOR THE AGING
### MEALS ON WHEELS AND LUNCHEON CENTER MENUS & ACTIVITIES
### FOR THE WEEK OF OCTOBER 28th — NOVEMBER 1st

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/28</td>
<td>10/29</td>
<td>10/30</td>
<td>10/31</td>
<td>11/1</td>
</tr>
<tr>
<td>Coleslaw Chicken &amp; Gravy Over Biscuit Petite Peas Orange</td>
<td></td>
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</tbody>
</table>

### Activities
- **Alfred - Noon**: 10:30 Growing Stronger Exercises
- **Bolivar - Noon**: 10:30 Growing Stronger Exercises
- **Cuba - Noon**: 9:45 Exercises 1:00 Cards/Games
- **Friendship - Noon**: 10:45 Growing Stronger Exercises 1:00 Cards
- **Wellsville - Noon**: Senior Center Library Jigsaw Puzzle

### For Reservations Call:
Alfred—Debbie Pierson (607) 793-0118; Belmont—Linda Trask (716) 208-9755; Bolivar– Carrie Simon (607)590-5773; Canaseraga-Barb Welch (607) 270-4070; Cuba—Judy Enders (585) 808-5201; Fillmore—Magie Smith (585) 737-5609; Friendship-Gail Bartas (585) 973-2311; Wellsville-Donna Fiegl (585) 808-5205; Whitesville-Barb Billings (607) 356-3390 OR - Office for the Aging (585) 268-9390 BY 1:00 PM ON THE PREVIOUS DAY (Toll Free 1-866-268-9390)
# ALLEGANY COUNTY OFFICE FOR THE AGING

## MEALS ON WHEELS AND LUNCHEON CENTER MENUS & ACTIVITIES

### FOR THE WEEK OF NOVEMBER 4th — 8th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
</tr>
</tbody>
</table>
| Chilled Pears Swedish Meatballs  
Buttered Noodles Carrots  
Italian Bread Lemon Mousse | Cottage Cheese & Chives  
Breaded Fish w/Tartar Sauce  
Baked Potato  
Sour Cream Mixed Vegetables  
Wheat Bread Chocolate Pudding | Juice  
Macaroni & Cheese  
Stewed Tomatoes Green Beans  
Whole Rye Bread Butterscotch Pudding | Tossed Salad w/Dressing  
Chicken Parmesan Over Pasta  
Italian Green Beans  
Whole Wheat Bread Apple Crisp | Pineapple Orange Salad  
Sweet & Sour Pork Brown Rice  
Steamed Broccoli Bran Quick Bread Cheesecake |

### Activities

- **Alfred - Noon**: “National Candy Day”
- **Bolivar - Noon**: 10:30 Growing Stronger Exercises Cards  
“Winter Weather Predictions”  
Anita Mattison, I&A
- **Bolivar - Noon**: 11:30AM  
9:30 Growing Stronger Exercises  
“The Alpaca Store—Jeff & Rita O’Dell”
- **Canaseraga - Noon**: 9:45 Exercises  
1:00 Cards/Games  
“National Nacho Day”
- **Cuba - Noon**: 10:30 Cards, Dominoes, Puzzles, Euchre  
“The Holiday Minimalist”
- **Fillmore - Noon**: 10:30 Growing Stronger Exercises  
Cards, Jigsaw Puzzles, Euchre  
“Sports Science”
- **Friendship - Noon**: 10:45 Growing Stronger Exercises  
1:00 Cards  
“Test Your Health Facts”
- **Wellsville - Noon**: 10:00 Dominoes
- **Whitesville - Noon**: Card Games  
“Heroes Crossword”

### FOR RESERVATIONS CALL:

- Alfred - Debbie Pierson (607) 793-0118;
- Belmont - Linda Trask (716) 208-9755;
- Bolivar - Carrie Simon (607) 590-5773;
- Canaseraga - Barb Welch (607) 270-4070;
- Cuba - Judy Enders (585) 808-5201;
- Fillmore - Magie Smith (585) 737-5609;
- Friendship - Gail Bartas (585) 973-2311;
- Wellsville - Donna Fiegl (585) 808-5205;
- Whitesville - Barb Billings (607) 356-3390

OR - Office for the Aging (585) 268-9390 BY 1:00 PM ON THE PREVIOUS DAY (Toll Free 1-866-268-9390)
### Meals on Wheels and Luncheon Center Menus & Activities
#### For the Week of November 11th — 15th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 11
Veteran’s Day
Holiday! |
No Congregate Meals or Meals-on-Wheels | 12
Cabbage Pineapple Salad
Shepard’s Pie
Winter Squash
Whole Rye Bread
Oatmeal Raisin Cookie |
13
Tropical Fruit Salad
Roast Pork
Mashed Potatoes w/Gravy
Green Beans
WG Rye Bread
Applesauce Cake
*Birthday Cake @ Whitesville Center |
14
Tossed Salad w/Italian Dressing
Goulash
California Blend
Vegetables
Garlic Bread
Brownie
*Birthday Cake @ Centers |
15
Strawberry Yogurt Salad
Chicken Ala King
Over Biscuit
Harvard Beets
Gingerbread w/ Lemon Sauce |

**Alfred - Noon**
“Fancy Fat and Mouse Day”

**Bolivar - Noon**
10:30 Growing Stronger Exercises
Cards

**Belmont - Noon**
9:30 Growing Stronger Exercises
“Honoring Our Veterans, Mike & Pam VA Office”

**Canaseraga - Noon**
9:45 Exercises
1:00 Cards/ Games
“BINGO”
Elaiza Cole-Neu, I&A

**Cuba - Noon**
9:30 Growing Stronger Exercises
Cards, Dominoes, Puzzles, Euchre
“Beatlemania”
*Call in reservations for Senior Citizen's Meeting!

**Fillmore - Noon**
10:30 Growing Stronger Exercises
Cards, Jigsaw Puzzles, Euchre

**Wellsville - Noon**
10:00 Dominoes

**Whitesville - Noon**
Senior Center Library
Jigsaw Puzzle
“Crossword Puzzle”

**Friendship - Noon**
10:45 Growing Stronger Exercises
1:00 Cards

**Whitesville - Noon**
Senior Center Library
Jigsaw Puzzle
“Music Artists”

FOR RESERVATIONS CALL:
Alfred-Debbie Pierson (607) 793-0118;
Belmont-Linda Trask (716) 208-9755;
Bolivar-Carrie Simon (607)590-5773;
Canaseraga-Barb Welch (607) 270-4070;
Cuba-Judy Enders (585) 808-5201;
Fillmore-Magie Smith (585) 737-5609;
Friendship-Gail Bartas (585) 973-2311;
Wellsville-Donna Fiegl (585) 808-5205;
Whitesville-Barb Billings (607) 356-3390
OR - Office for the Aging (585) 268-9390 BY 1:00 PM ON THE PREVIOUS DAY (Toll Free 1-866-268-9390)
**MEALS ON WHEELS AND LUNCHEON CENTER MENUS & ACTIVITIES**
**FOR THE WEEK OF NOVEMBER 18th — 21st**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Applesauce</td>
<td>Spinach Mandarin</td>
<td>Juice</td>
<td>“Thanksgiving Special”</td>
<td>Sunshine Salad</td>
</tr>
<tr>
<td>Ham Steak w/Raisin Sauce</td>
<td>Orange Salad</td>
<td>Sloppy Joe on a Bun</td>
<td>Cranberry Gelatin Salad</td>
<td>Swiss Steak</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>Spanish Rice</td>
<td>Broccoli Cheese Soup</td>
<td>Roast Turkey w/Gravy</td>
<td>Parsleyed Potatoes</td>
</tr>
<tr>
<td>California Blend Vegetables</td>
<td>Mixed Vegetables</td>
<td>Carrots</td>
<td>Mashed Potatoes Stuffing</td>
<td>Beets</td>
</tr>
<tr>
<td>Whole Grain</td>
<td>Garlic Bread</td>
<td>Ginger Bread w/Lemon Sauce</td>
<td>Winter Squash</td>
<td>Whole Rye Bread</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>Peaches</td>
<td></td>
<td></td>
<td>Tapioca Pudding</td>
</tr>
<tr>
<td>Sugar Cookie</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Alfred - Noon**
“Happy Birthday Mickie!”

**Bolivar - Noon**
10:30 Growing Stronger Exercises Cards, Dominoes, Puzzles, Euchre
“Mickey Mouse Day”

**Cuba - Noon**
10:30 Growing Stronger Exercises Cards, Dominoes, Puzzles, Euchre
“Caroling in the 1940s”

£Call in reservations for Evening Meal!

**Fillmore - Noon**
10:30 Growing Stronger Exercises Cards, Jigsaw Puzzles, Euchre

**Wellsville - Noon**
10:00 Dominoes

**Whitesville - Noon**
Senior Center Library Jigsaw Puzzle “I Spy Bottle”

For reservations call:
Alfred—Debbie Pierson (607) 793-0118; Bolivar—Carrie Simon (607)590-5773;
Canaseraga—Barb Welch (607) 270-4070; Cuba—Judy Enders (585) 808-5201; Fillmore—Magie Smith (585) 737-5609;
Friendship—Gail Bartas (585) 973-2311; Wellsville—Donna Fiegl (585) 808-5205; Whitesville—Barb Billings (607) 356-3390
OR - Office for the Aging (585) 268-9390 BY 1:00 PM ON THE PREVIOUS DAY (Toll Free 1-866-268-9390)
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</tr>
</thead>
<tbody>
<tr>
<td>25  Pineapple Tidbits</td>
<td>26  Chilled Juice</td>
<td>27  Lemon-Lime Salad</td>
<td>28  Thanksgiving Holidays!</td>
<td>29</td>
</tr>
<tr>
<td>BBQ Pulled Pork</td>
<td>BBQ Pulled Pork</td>
<td>Chicken Breast</td>
<td>There will be no Congregate meals or Meals-on-Wheels these days</td>
<td></td>
</tr>
<tr>
<td>On WW Bun</td>
<td>Cabbage Roll</td>
<td>Brown Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic Cauliflower</td>
<td>Casserole</td>
<td>Brussel Sprouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Crisp</td>
<td>Carrots</td>
<td>Wheat Bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole Grain</td>
<td>Pumpkin Mousse</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rye Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chocolate Chip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cookie</td>
<td></td>
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</tbody>
</table>

**Activities**

- **Alfred - Noon**
  - “Meet a US President”
  - “Turkey Facts”
  - 10:30 Growing Stronger Exercises
  - Cards, Dominoes, Puzzles, Euchre
  - “End of Fall Fun”

- **Bolivar - Noon**
  - 10:30 Growing Stronger Exercises
  - Cards, Dominoes, Puzzles, Euchre

- **Belmont - 11:30AM**
  - 9:30 Growing Stronger Exercises
  - “Share Family Thanksgiving Traditions”

- **Canaseraga - Noon**
  - 9:45 Exercises
  - 1:00 Cards/ Games
  - “BINGO”

- **Cuba - Noon**
  - 10:30 Euchre, Cards, Dominoes, Puzzles
  - “Tina Turner Biography”

- **Fillmore - Noon**
  - 10:30 Growing Stronger Exercises
  - Cards, Jigsaw Puzzles, Euchre

- **Friendship - Noon**
  - 10:45 Growing Stronger Exercises
  - 1:00 Cards

- **Wellsville - Noon**
  - 10:00 Dominoes

- **Whitesville - Noon**
  - Senior Center Library Jigsaw Puzzle
  - “Word Search”

- **Alfred - Noon**
  - 10:30 Growing Stronger Exercises
  - Cards

- **Belmont - 11:30AM**
  - 9:30 Growing Stronger Exercise

- **Bolivar - Noon**
  - 10:30 Cards, Dominoes, Puzzles, Euchre

- **Cuba - Noon**
  - Current Events

- **Wellsville - Noon**
  - 9:45 Exercises
  - 1:00 Cards/ Games

- **Whiteville - Noon**
  - Jigsaw Puzzle
  - “Crossword Puzzle”

- **Friendship - Noon**
  - 10:30 Growing Stronger Exercises
  - Cards, Jigsaw Puzzles, Euchre

- **Fillmore - Noon**
  - 10:30 Growing Stronger Exercises

- **Whiteville - Noon**
  - 10:00 Dominoes

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**Canaseraga**-Barb Welch (607) 270-4070; **Cuba**-Judy Enders (585) 808-5201; **Fillmore**-Magie Smith (585) 737-5609;
**Friendship**-Gail Bartas (585) 973-2311; **Wellsville**-Donna Fiegl (585) 808-5205; **Whitesville**-Barb Billings (607) 356-3390
OR - Office for the Aging (585) 268-9390 BY 1:00 PM ON THE PREVIOUS DAY (Toll Free 1-866-268-9390)
FOR IMMEDIATE RELEASE

To: Alfred Sun  
email: alfredsun.news@gmail.com  
Cuba-Franklinville Pennysaver  
1-585-492-5474  
MoneySaver  
716-372-0740  
Olean Times Herald  
email:  news@oleantimesherald.com  
(1-716-373-6397)  
and: avosler@oleantimesherald.com  
Woodarek, Tracy [tracywoodarek@dansvilleonline.com] 335-6957

From: Cara Freeman

Date: October 28, 2019  
# of Pages including cover: 5

The following pages contain the Allegany County Nutrition Program menu and activities for next month for your publication. If you have any questions, please call. Thanks for your help!

Cara Freeman

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