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|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                  |                                                                                                                          | <b>1 Turkey Stew</b><br>Carrots<br>Tomato Bean Salad<br>Mandarin Oranges<br>Whole Grain Dinner Roll<br>Molasses Brownie            | <b>2 Macaroni and Cheese</b><br>Stewed Tomatoes<br>Calico Salad<br>Grapes<br>Whole Grain Dinner Roll                                                                                                                                                           | <b>3 Pizza Casserole</b><br>Cauliflower<br>Sunshine Salad<br>Apple Juice<br>Whole Grain Dinner Roll                                |
| <b>6 Ham Loaf w/Cranberry Glaze</b><br>Mashed Potatoes<br>Winter Squash<br>Mandarin Oranges<br>12 Grain Bread                    | <b>7 Baked Ziti</b><br>Brussels Sprouts<br>Frijole Salad<br>Pineapple Tidbits<br>Whole Grain Berry Muffin                | <b>8 Parmesan Crusted Fish</b><br>Confetti Rice<br>Vegetable Blend<br>Lime Dessert Salad<br>12 Grain Bread                         | <b>9 Beef Stroganoff Over Noodles</b><br>Wax Beans<br>Molded Apricot and Cheese<br>Applesauce w/ Cinnamon<br>Whole Grain Dinner Roll                                                                                                                           | <b>10 Chicken Rice Casserole</b><br>Carrots<br>Bean & Spinach Salad<br>Mixed Berries w/ Whipped Topping<br>Whole Grain Dinner Roll |
| <b>13 Salisbury Steak w/ Gravy</b><br>Baked Potato w/ sour cream<br>Beets<br>Low Sodium V8 Juice<br>12 Grain Bread               | <b>14 Vegetable Lasagna</b><br>California Mixed Vegetables<br>Four Bean Salad<br>Pears<br>Whole Grain Garlic Dinner Roll | <b>15 Lemon Garlic Chicken</b><br>Mushroom Rice Pilaf<br>Broccoli<br>7 Layer Salad<br>Fruited Gelatin<br>12 Grain Bread            | <b>16 Holiday Dinner</b><br>Roast Beef w/ Gravy<br>Mashed Potatoes<br>Peas and Carrots<br>Cranberry Fruit Salad<br>Apple Pie w/ Whipped Topping<br>Whole Grain Dinner Roll  | <b>17 Fish Mornay</b><br>Rice Pilaf<br>Spinach<br>Tangy Bean Salad<br>Mixed Fruit<br>Whole Grain Dinner Roll                       |
| <b>20 Spanish Rice</b><br>Broccoli<br>Cranberry Juice<br>Peaches w/ Raspberries<br>Whole Grain Dinner Roll<br>Glazed Pumpkin Bar | <b>21 Roast Turkey w/ Gravy</b><br>Mashed Potatoes<br>California Blend Vegetables<br>Autumn Salad<br>12 Grain Bread      | <b>22 Beef Stew</b><br>Carrots<br>Four Bean Salad<br>Baked Apples w/ Cinnamon<br>Whole Grain Biscuit                               | <b>23 Herb Baked Chicken</b><br>Rice Pilaf<br>Italian Vegetable Blend<br>Black Bean Corn Citrus Salad<br>Banana<br>Whole Grain Apple Muffin                                                                                                                    | <b>24 OFA CLOSED</b><br>Happy Holidays<br>    |
| <b>27 Spaghetti w/Meatsauce</b><br>Brussels Sprouts<br>Pears w/ Blueberries<br>Grape Juice<br>Whole Grain Garlic Dinner Roll     | <b>28 Baked Fish Kiev</b><br>Parsley Potatoes<br>Broccoli Salad<br>Applesauce w/ Cinnamon<br>Whole Grain Dinner Roll     | <b>29 Orange Glazed Chicken</b><br>Confetti Rice<br>Winter Blend<br>7 Layer Salad<br>Pineapple Tidbits<br>Whole Grain Apple Muffin | <b>30 Pork w/ Mushroom Gravy</b><br>Mashed Potatoes<br>Squash<br>Pea & Beet Salad<br>Apple Juice<br>12 Grain Bread                                                                                                                                             | <b>31 OFA CLOSED</b><br>                      |

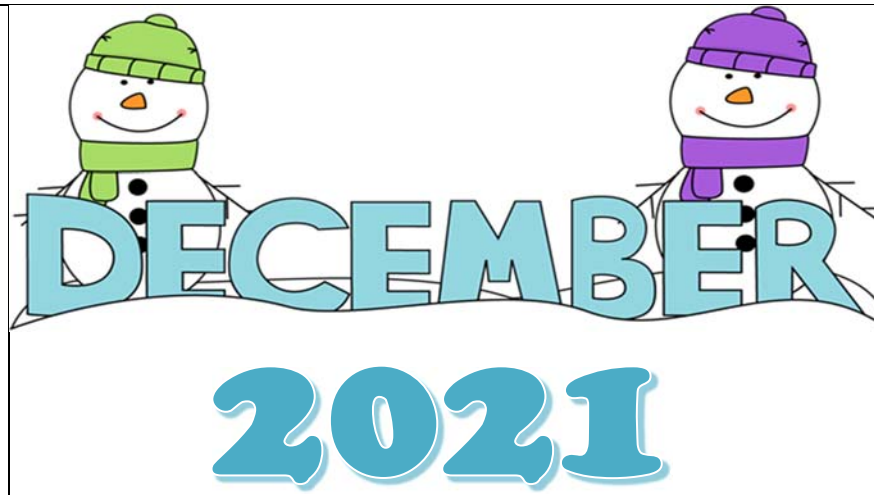
# Tyrone Congregate Site



**Re-opening  
Wednesday,  
January 5, 2022  
11:45 am -1pm**

**Please call for reservations at  
(607) 535-7470**

**If you are unvaccinated you are required to wear your mask and maintain 6 feet social distancing.**



## EAT HEALTHY BE ACTIVE COMMUNITY WORKSHOPS

Interested in Good Nutrition?

Schuyler County Office for the Aging is holding Community Workshops throughout the summer. Each session is a series of 4 classes, lasting 1 hour in length.

- Enjoy Healthy Food Choices That Taste Great
- Quick, Healthy Meals and Snacks
- Eating Healthy on a Budget
- Making Healthy Eating Part of Your Total Lifestyle

**RSVP (607) 535-7470  
for upcoming classes in 2022**

Funded by USDA's Supplemental Nutrition Assistance Program(SNAP)

## Stay connected with OFA



"Like us" at Schuyler County Office for the Aging



Email:  
ofa@co.schuyler.ny.us



"Subscribe" on Youtube Schuyler County Office for the Aging



Website:  
www.schuylercounty.us



"Follow us" on Instagram at Schuyler OFA



Phone:  
607-535-7108



### Winter Safety Tips Stay safe from Hypothermia



#### Warning Signs

**Cold skin that is pale or ashy; Feeling very tired, confused and sleepy; Feeling Weak; Problems Walking; Slowed Breathing or Heart rate**



#### Prevention



- Stay indoors (or don't stay outside for very long)
- Keep indoor temperatures at 65 degrees or warmer
- Stay dry because wet clothing chills your body quicker
- Dress smart – Protect your lungs from cold air
- Dress in layers – wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer.
- Essential winter wears; hats, gloves, winter coat, boots, and a scarf to cover your mouth and nose



Reservations | Information | Assistance

**607.535.3555**

Link-Line@arcofcs.org

Monday - Friday 9:00AM-5:00PM

Connecting Schuyler County residents to transportation options in Schuyler and surrounding counties.



**Need a ride?**

A free information service.

**Call us!**

## Banana Split Oatmeal

- 1/3 cup oatmeal, quick-cooking (dry)
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup Strawberry yogurt, non-fat



Cook oatmeal per package instructions; add yogurt and sliced banana. Stir well and enjoy! A warm way to start your day!



*A special Holiday Thank you to all of our Office for the Aging Volunteers!*

Call 1-800-701-0501 for unbiased assistance



**December 7th is the last day of Medicare Open Enrollment!**