

November Lunch Club 60 Menu

Serving Time: 11:30 am
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable Lasagna Tossed Lettuce Salad w/ Ranch Dressing Italian Blend Vegetables Italian Bread Fresh Orange	2 Chicken ala King over Warm Biscuit Minestrone Peas Petite Banana	3 Rosemary Pork Loin Warm Applesauce Mashed Potatoes Gravy Brussels Sprouts Rye Bread Chocolate Pudding	4 Individual Meat Loaf w/Vegetable Gravy Au gratin Potatoes California Blend Vegetables 12 Grain Bread Fruit Cocktail
7 Broccoli Cheese Quiche Grape Juice Beef Barley Vegetable Soup Green Beans Wheat Bread Pineapple	8 BBQ Pulled Pork on Bun Coleslaw w/Pineapple Corn Fresh Apple	9 Meatballs Pasta & Sauce Tossed Lettuce Salad Italian Dressing Tuscany Blend Vegetables Breadstick Fresh Orange	10 Roast Chicken Breast w/Cranberry Sauce Mashed Potatoes w/Gravy Dressing Peas and Onions Dinner Roll Pumpkin Pie w/Whipped Topping	11 CSC Closed Veterans Day
14 Breaded Haddock w/ Tartar Sauce Coleslaw w/out Pineapple Peas Wheat Bread Apricots	15 *CSC Breakfast Today* Hot Roast Beef Sandwich w/Gravy Potato Leek Soup Brussels Sprouts Italian Bread Petite Banana	16 Sweet & Sour Pork Brown Rice Spinach Oriental Blend Vegetables 12 Grain Bread Peaches	17 Thanksgiving Party No Lunch Served Today 	18 Roast Chicken Breast w/Cranberry Sauce Mashed Potatoes w/Gravy Dressing Green Beans Almandine Dinner Roll Pumpkin Pie w/ Whipped Topping
21 Sloppy Joes on Bun Mixed Vegetables Cauliflower Fruit Cocktail	22 Rosemary Oven Brownd Chicken ¼ Navy Bean Soup Coleslaw w/Pineapple Wheat Bread Peaches	23 Macaroni & Cheese Stewed Tomatoes Broccoli 12 Grain Bread Fresh Apple	24 CSC Closed	25 CSC Closed
28 BBQ Pork Riblet on Bun Mixed Vegetables Brussels Sprouts Pears	29 Nutrition Ed. w/Cindy Rapp "Using Left Overs" Mild Chili Tossed Lettuce Salad w/Ranch Dressing Wax Beans Oyster Crackers Pineapple	30 *Meal Time Music* Beer Battered Cod Coleslaw w/out Pineapple Beets Wheat Bread Fruit Cocktail *Cupcakes*	All meals served with milk, bread and margarine. Soup served with crackers.	Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging

Lunch Reservation Procedure

(Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.

3 Vince Tofany Blvd. Greece, NY 14612
(585) 723-2425
www.greecenyny.gov



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



Greece on the Go

Keeping **You** Moving in Greece and Beyond



November 2016

Adult Day Trips

Wednesday, November 9

Walden Galleria Mall in Buffalo

Get a head start on your holiday shopping at the Walden Galleria Mall in Buffalo, NY which offers over 200 stores—many of which are unique to the market. Dine at any of Walden Galleria’s 10 delicious sit-down restaurants, or within the international food court.

Lunch will be at your own expense.

Please wear comfortable shoes for walking.

9:00am-5:00pm

\$4.00 per person

Friday, November 18

Artisan Works Tour

During your guided tour you will see artists at work in their studios, and many Artisan Works treasures and theme areas. Some of these include: 1960’s firehouse, Marilyn Monroe Room, Eastman Kodak Room, 1800’s French Dining Room, etc.

This facility is fully accessible to visitors who have walkers/wheelchairs.

Lunch will be at your own expense at *Liberty Restaurant*.

10:15am-2:00pm

\$12.00 per person

All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

Grocery Shopping

Friday, November 4: Wegmans on Mt. Read

9:00am-11:30am

Medical Motors Transportation

Tuesday, November 8: Wal-Mart

9:00am-11:30am

Medical Motors Transportation

Friday, November 18: Price Rite

9:00-11:30am

Medical Motors Transportation

Wednesday, November 23: Tops on Mt. Read

9:00am-11:30am

Medical Motors Transportation

***Please Note:**

For Trips Noted “Medical Motors Transportation” Through the Greece Community & Senior Center, for Greece Seniors, Medical Motors offers monthly trips to area grocery trips.

Transportation is free and **requires a minimum of 3 riders.**

You may sign up at the front desk ahead of time or by calling 723-2425.

Meal Time Music

Wednesday, November 30

11:45am-12:45pm

***Lunch Served 11:30am-12:00pm**

**Join us during our
“Luncheon Friends” meal
time to listen to music
performed by renowned
harpist Roxanne Ziegler.**

**Ziegler is one of Rochester,
NY’s most versatile and
accomplished harpists.
Through her harp music,
she brings elegance,
comfort, and atmosphere.**

**Reserve your meal by
Monday, November 14 by
stopping at the front desk
or calling 723-2425.**



**Greece Community and Senior Center
3 Vince Tofany Blvd. Greece, NY 14612
Questions? Call us at 723-2425**

Senior Movie

Monday, November 21
12:30-2:30pm

THE FAMILY YOU LOVE IS BACK. BIGGER AND CRAZIER THAN EVER.

NIA VARDALOS JOHN CORBETT JOHN STAMOS
LAINIE KAZAN MICHAEL CONSTANTINE WITH ANDREA MARTIN AND JOEY FATONE

MY BIG FAT GREEK WEDDING 2



FREE

Parenting and marriage is becoming tougher and tougher for Toula (Nia Vardalos) and her husband Ian. Not only has their relationship lost some of its spark, but they're also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before.

Rated PG-13