Volunteers Needed

We are in need of volunteers to deliver meals to homebound senior citizens in your neighborhoods.

Once per week or as a substitute to fit your schedule.

Mileage reimbursement is available.

Current Openings:

**Substitutes** (Glens Falls & Queensbury)
Volunteer as a fill in, only when you are available.

**Glens Falls area Route on Mondays**
This route is right in the city of Glens Falls.

**Lake George Route on Fridays**
This is a beautiful, scenic route which starts out off Tee Hill Rd, heads to Glen Lake Rd, up Ridge Rd and Cleverdale and back down Ridge Rd to the meal site in Queensbury.

Call Suzanne at Office for the Aging at 761-6347
The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.

QSC & Collette Travel Presentations
Monday, September 26th on Upcoming Trips

2pm - 3:30pm

America’s Cowboy Country

Highlights:

- Grand Tetons
- Yellowstone National Park
- Buffalo Bill Center of the West
- Deadwood
- Crazy Horse Memorial
- Mount Rushmore
- Badlands National Park
- Traditional Chuck Wagon Diner
- Choice of Wildlife Float Trip or Whitewater Rafting

June 6-13, 2017 is SOLD OUT
Second date of June 13-20, 2017 is now being offered.
Call 745-4439 for more information.

3:30pm - 5:00pm

Iceland
the Land of Fire & Ice

Discover Iceland, a land forged by fire and ice full of dramatic breath-taking scenery such as the Gullfoss waterfall, blue lagoons and natural hot springs. Choose between walking on lava fields or a cave adventure. Savor Icelandic cuisine.

Learn about their culture and traditions with experienced guides and visits to Skogar Museum, Vatnajokull National Park, a volcano visitor’s center and much more! Come to the meeting to hear all about it.
Celebrating over 50 years of Service to our Senior Community

Kim Bren, Executive Director
Dawn Sumner, Senior Program Coordinator
Lauren Tompkins, Outreach Specialist
Joan Counter, Administrative Assistant

518 793-2189 • 380 Glen Street • Glens Falls, NY 12801
Email: agreaterglensf@nycap.rr.com

No residency requirements. Need not be a member to participate in any of the activities or trips.

New Members Welcome

Some of this month’s highlights.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri-9/2</td>
<td>Wii Bowling At Hudson Falls</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-9/6</td>
<td>Scabble game</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-9/7</td>
<td>Little Theatre On The Farm-50’s/60’s Variety Show- Cost: $7</td>
<td>2 pm</td>
</tr>
<tr>
<td>Thurs-9/8</td>
<td>Saratoga Racino-Gas Donation for van-$6-call to sign up</td>
<td>10:30 am</td>
</tr>
<tr>
<td>Fri-9</td>
<td>Game Day-Variety of games</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-9/12</td>
<td>Shoebox Workshop-Operation Christmas Child</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-9/13</td>
<td>Free Workshop-Supporting Healthy Blood Sugar levels with Lisa O’Brien</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-9/14</td>
<td>Defensive Driving Course-$20 AARP members/$25 nonmembers-call to register</td>
<td>9 am-4 pm</td>
</tr>
<tr>
<td>Thurs-9/15</td>
<td>Coffee and a Cop-Officer Willett answer any questions you have.</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-9/16</td>
<td>Center closed-Fall Fair Set up</td>
<td>9 am-4 pm</td>
</tr>
<tr>
<td>Sat-9/17</td>
<td>Lawn Sale-Jewelry, household items, plants, bakery etc. Something for everyone</td>
<td>9 am-2 pm</td>
</tr>
<tr>
<td>Mon-9/19</td>
<td>Elder Care Resources-free seminar-sign up today</td>
<td>12:30 pm</td>
</tr>
<tr>
<td>Tues-9/20</td>
<td>“Southern Comfort”-Holiday Inn, Lake George-Cost: $55, includes show and lunch</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Wed-9/21</td>
<td>Cards for Seniors for area Nursing Facilities</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-9/22</td>
<td>All Center Boat Ride-Lac du Saint Sacrement-Lake George-sign up ASAP</td>
<td>11 am</td>
</tr>
<tr>
<td>Fri-9/23</td>
<td>Racquett Lake -Lunch &amp; Cruise/and train ride. Cost: $53</td>
<td>8 am</td>
</tr>
<tr>
<td>Mon-9/26</td>
<td>Movie/Popcorn-“Mother-In-Law” with Jane Fonda</td>
<td>12:30 pm</td>
</tr>
<tr>
<td>Tues-9/27</td>
<td>Shoebox Workshop #2-Operation Christmas Child</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-9/28</td>
<td>Newsletter mailing-Need volunteers</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-9/29</td>
<td>Welcome Back Lunch-Door Prizes/50/50 Raffle</td>
<td>12 pm</td>
</tr>
<tr>
<td>Fri-9/30</td>
<td>Special Bingo-Enjoy unique game of bingo-prizes</td>
<td>1 pm</td>
</tr>
<tr>
<td>Every Tuesday</td>
<td>Bingo in AM/Program in PM-Transportation provided</td>
<td>10:30 am</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>Chair Yoga- with Tobey- Sponsored by MVP</td>
<td>10:15- 11 am</td>
</tr>
<tr>
<td>Mon-Thurs</td>
<td>Osteo exercise program- Monday-Thursday-Sponsored by RSVP</td>
<td>9-10:15 am</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Tai Chi Class with Sam Ling-Cost: $6</td>
<td>9 am-10 am</td>
</tr>
</tbody>
</table>

Don’t be lonely- come and participate in “Your Senior Center”.

Ongoing activities at a glance:

Transportation to center available - 24 hours notice
House & Porch Sale
Greater Glens Falls Senior Center
380 Glen Street, Glens Falls • 793-2189

Saturday, September 17, 2016
9 am – 2 pm

Offering Jewelry, Crafts, Collectibles, Baked Goods, Thrift Shop, Boutique, Housewares, Books, Appliances and more!

Bring Your Family!

Lunch at the Sherman House Café

Promoting Emotional Health and Preventing Suicide

September is suicide prevention month and many times we don’t think that the senior population is effected by suicide but in fact it is a growing public health concern.

More than 7,000 people age 65 or older died by suicide in 2013 which are the most up to date statistics from the Centers for Disease Control. This figure places the suicide rate among older adults higher than the general population. These rates are particularly high among older men- higher than any other group in the United States. These statistics don’t consider those who have made an attempt or those who might be struggling with emotional pain. Depression is often thought of as a normal part of aging and that there is nothing you can do about it. That’s not true, it’s not a normal part of aging and there are many ways to help. Those that are in pain can have a good quality of life if they can get the help or community support they need.

What you can do to help someone:
• Talk with the person and show your concern in a nonjudgmental way.
• Encourage the person to attend there local senior center or their wellness groups.
• Help connect the person to supportive services available at senior centers, Home Delivered Meals and NY Connects.
• Help them talk with their primary care physician or help them connect to sources for counseling.

Warning Signs:
Talk
Unbearable Pain; Being a burden to others; Having no reason to live
Behavior
Increase of alcohol or drugs; Isolates from family or friends; Shows aggression
Mood
Depressed; Anxious; Sad

If you or a friend or loved one is in need of help call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If you would like to be involved in local suicide prevention efforts please contact the Warren Washington County Suicide Prevention Coalition, Allison Reynolds at 518-746-1527.
NY Connects continues providing information & assistance to connect people of all ages with long term care resources. We have information about home health care, housing, transportation, Medicaid waiver programs, support groups, home delivered meals, and much more. More people are seeking information and assistance to plan ahead for long term care needs. How can we help you?

Call Susan @ 1-866-805-3931. For information about services in other counties, the State NY Connects # is 1-800-342-9871.
September is National Cholesterol Education Month

This is a good time to get your blood cholesterol checked and take steps to lower it if it is high.

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol? Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high? High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked? Adults aged 20 years or older have their cholesterol checked every 5 years. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

Can children and adolescents have high cholesterol? Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases.

In the US, more than one-fifth of youth aged 12-19 years have at least one abnormal lipid level.

If you have high cholesterol, what can you do to lower it? Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

*Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
*
*For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day. Maintain a healthy weight. Don't smoke or quit if you smoke.
Desirable Cholesterol Levels

Total Cholesterol .................................. Less than 170 mg/dL
Low LDL ("bad") cholesterol ...................... Less than 110 mg/dL
High HDL ("good") cholesterol .................... 35 mg/dL or higher
Triglycerides ....................................... Less than 150 mg/dL

### Dijon Chicken with Broccoli and Noodles

6 oz dried whole-wheat noodles (5 C)
2 1/2 cups chopped broccoli florets
3 tablespoons all-purpose flour
1 teaspoon smoked paprika
1/8 teaspoon cayenne
1 lb. chicken tenders, visible fat discarded
2 teaspoons olive oil and 1 teaspoon olive oil, divided
8 ounces button mushrooms, sliced
1 cup chopped onion
2 medium garlic cloves, minced
16 ounces fat-free plain Greek yogurt
3 tablespoons Dijon mustard (lowest sodium avail.)

Cook pasta using package directions, omitting salt and oil. 3 min. before done, add broccoli, stirring occasionally. Drain well in a colander. Set aside.

Meanwhile, in a medium dish, stir together flour, paprika and cayenne. Dip chicken in flour mixture, turning to coat and shaking off excess.

In a large nonstick skillet, heat 2 teaspoons oil over medium-high heat, coating bottom. Cook the chicken for 4 min. Turn over and cook for 2 to 4 min, or until no longer pink in the center. Transfer to a large plate. Cover loosely with aluminum foil to keep warm.

Reduce the heat to medium. In the same skillet, heat the remaining 1 teaspoon oil, coating bottom. Add mushrooms, onion and garlic, scraping to dislodge any browned bits. Cook for 2 to 3 min. or until the onion begins to soften, stirring frequently. Remove from the heat.

Stir in the yogurt and mustard. Stir in the chicken. Serve over the pasta.

### Nutritional Analysis

<table>
<thead>
<tr>
<th>Per serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>358</td>
<td>5.5 g</td>
<td>53 mg</td>
<td>297 mg</td>
<td>42 g</td>
<td>38 g</td>
</tr>
</tbody>
</table>

**Dietary Exchanges**
2 starch,
2 vegetable,
4 very lean meat

A rich-tasting, creamy mustard sauce blankets savory chicken tenders and a mixture of broccoli and noodles—everything you need for an all-in-one meal.

**Cook’s Tip:** Thicker and richer tasting than traditional yogurt, Greek yogurt is an excellent source of calcium, and a half-cup provides about the same amount of protein as 2 ounces of cooked meat.

### Broccoli Beef

"Round steak and broccoli are quickly cooked in a soy-ginger sauce. Serve over hot rice or noodles."

Prep 15 m  Cook 15 m  Ready In 30 m

1/4 cup all-purpose flour
1 (10.5 ounce) can beef broth
2 tablespoons white sugar
2 tablespoons soy sauce
1 pound boneless round steak,
cut into bite size pieces

1/4 teaspoon chopped fresh ginger root
1 clove garlic, minced
4 cups chopped fresh broccoli

In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned.

Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat.

**Adopted By:** Allrecipes.com

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**Cook's Tip:** Thicker and richer tasting than traditional yogurt, Greek yogurt is an excellent source of calcium, and a half-cup provides about the same amount of protein as 2 ounces of cooked meat.
10 Ways to Manage Stress and Be a Healthier Caregiver

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself not taking care of your own needs, you may be putting your health at risk.

1. Find time for yourself. Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care gives caregivers a temporary rest from caregiving, while the person with Alzheimer’s disease continues to receive care in a safe environment. Visit alz.org/care to learn more.

2. Know what community resources are available. Contact the Alzheimer’s Association® or use our online Community Resource Finder (alz.org/CRF) to find dementia care resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.

3. Become an educated caregiver. As the disease progresses, new caregiving skills may be necessary. The Alzheimer’s Association offers programs to help you better understand and cope with common behavioral and personality changes that may occur. Visit the Alzheimer’s and Dementia Caregiver Center at alz.org/care to learn more and access care training resources, including free online workshops.

4. Get help and find support. Seek the support of family, friends and people who can relate to your situation. Use our online Care Team Calendar (alz.org/carecalendar) to organize family and friends who want to help. Our 24/7 Helpline (800.272.3900), ALZConnected® online social networking community (alzconnected.org) and local support groups (alz.org/findus) are all good sources for finding comfort and reassurance. If stress becomes overwhelming, seek professional help.

5. Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

6. Manage your level of stress. Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration and change in appetite). Note your symptoms and discuss with a doctor, as needed. Try to find relaxation techniques that work for you.

7. Accept changes as they occur. People with Alzheimer’s disease change over time and so do their needs. They may require care beyond what you can provide on
your own. Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

8. Make legal and financial plans. Putting legal and financial plans in place after an Alzheimer’s diagnosis is important so that the person with the disease can participate. Having future plans can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of an attorney. However, if you are unsure about how to complete legal documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law and/or a financial advisor who is familiar with elder or long-term care planning.

9. Know you’re doing your best. Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can’t do more, but individual care needs change as Alzheimer’s progresses. You can’t promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe.

10. Visit your doctor regularly. Take time to get regular check-ups, and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

10 Common Signs of Caregiver Stress

1. Denial about the disease and its effect on the person who has been diagnosed. “I know Mom is going to get better.”

2. Anger at the person with Alzheimer’s or frustration that he or she can’t do the things they used to be able to do. “He knows how to get dressed — he’s just being stubborn.”

3. Social withdrawal from friends and activities that used to make you feel good. “I don’t care about visiting with the neighbors anymore.”

4. Anxiety about the future and facing another day. “What happens when he needs more care than I can provide?”

5. Depression that breaks your spirit and affects your ability to cope. “I just don’t care anymore.”

6. Exhaustion that makes it nearly impossible to complete necessary daily tasks. “I’m too tired for this.”

7. Sleeplessness caused by a never-ending list of concerns. “What if she wanders out of the house or falls and hurts herself?”

8. Irritability that leads to moodiness and triggers negative responses and actions. “Leave me alone!”

9. Lack of concentration that makes it difficult to perform familiar tasks. “I was so busy, I forgot my appointment.”

10. Health problems that begin to take a mental and physical toll. “I can’t remember the last time I felt good.”
Volunteer Board Bulletin

Happy Birthday to our Volunteers celebrating in September!

Dave Thompson ........ 5
Nancy Imrie ............. 7
Susan Herlihy ............ 12
Pat Oddey ................. 13
Frank Shields............... 14
Lynn Potenza .............. 16
Mary LaMere .............. 19

Meal Recipients;
When contributing by check please make check out to “Warren County Treasurer”.
Thank you,
Office for the Aging

Joanie Fiore Flanagan’s 2016 Bike MS Begging Letter

Dear Family and Friends,

Great news! I’ve signed up for Bike MS - an unforgettable ride to support the National Multiple Sclerosis Society and the important work they are doing to create a world free of MS. Ride is held Sept. 17 at Burch Hill, Schodack, NY.

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system which interrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The progress and severity of MS in any one person cannot yet be predicted, but advances in treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50. MS affects more than 2.3 million people worldwide.

Today, there are treatments where there weren’t any 30 years ago and the dream of ending MS is becoming a reality. But there is still much to do.

You can help with my goal by following the instructions to the left to donate online or send a check directly to me at:

Joan Flanagan, 22 Nottingham Dr., Queensbury, NY, 12804-8612
Make all checks payable to: National MS Society

Thank you so much for helping me reach my goal of $10,000 and supporting this worthy cause.

Warmly,
Joan Fiore Flanagan

To donate online go to the MS website at www.msupstateny.org
click on “Donate”, scroll down “Find a Participant”, type in “Joan” and “Flanagan” and “NY” state. Click again on “Find a Participant”. Scroll down to “Donate Now” next to Joan’s name and follow the instructions.
September 2016
Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RD CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. **Menus subject to change.** Dinner **Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Suggested Contribution Per Meal:</strong> $3</td>
<td><strong>September 6</strong></td>
<td><strong>September 7 Brunch</strong></td>
<td><strong>September 1</strong></td>
<td><strong>Sept 2 Labor Day BBQ</strong></td>
</tr>
<tr>
<td><strong>Meal Site Closed</strong></td>
<td><strong>Chef’s Choice</strong></td>
<td>Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit &amp; Granola</td>
<td>Cheeseburger Deluxe Lettuce/Tomatoes Roasted Potato Bites Spinach Chilled Peaches</td>
<td>BBQ Chicken Hush Puppies Baked Beans Labor Day Beans</td>
</tr>
<tr>
<td><strong>September 5</strong></td>
<td><strong>September 6</strong></td>
<td><strong>September 7 Brunch</strong></td>
<td><strong>September 8</strong></td>
<td><strong>Sept 9 Cold Plate</strong></td>
</tr>
<tr>
<td>Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple</td>
<td><strong>September 6</strong></td>
<td>Cheese Omelet Hash Brown Potato Slice of Ham Yogurt Parfait with Fruit &amp; Granola</td>
<td>Roast Pork/ Gravy Mashed Potato Peas &amp; Onions Cinnamon Coffee Cake</td>
<td>Tuna salad on a Bun Pasta Salad Broccoli Salad Cookie of the Day</td>
</tr>
<tr>
<td><strong>September 12</strong></td>
<td><strong>September 13</strong></td>
<td><strong>September 14</strong></td>
<td><strong>September 15</strong></td>
<td><strong>Sept 16 Cold Plate</strong></td>
</tr>
<tr>
<td>Swedish Meatballs Over Noodles Brussels Sprouts Chilled Pineapple</td>
<td>Apple N’ Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake</td>
<td>Lemon Baked Fish Roasted Red Potatoes Carrots Fresh Grapes</td>
<td>Beef Tomato Florentine with Noodles &amp; Cheese Scandinavian Veggies Garlic Bread Tropical Fruit Cup</td>
<td>Chopped Salad with Grilled Chicken Cubed Cantaloupe Dinner Roll Brownie</td>
</tr>
<tr>
<td><strong>September 19</strong></td>
<td><strong>September 20</strong></td>
<td><strong>September 21</strong></td>
<td><strong>September 22</strong></td>
<td><strong>Sept 23 Cold Plate</strong></td>
</tr>
<tr>
<td>Breaded Haddock Au Gratin Potatoes Japanese Veggies Rice Pudding/Topping</td>
<td>Pork Chops Sweet Potatoes Mixed Veggies Mandarin Orange</td>
<td>Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Italian Veggies Apricots</td>
<td>American Goulash Tossed Salad Asparagus Fresh Fruit</td>
<td>Chicken Salad on Bed Romaine Lettuce Macaroni Salad Tomato, Onion &amp; Cucumber Salad Spice Cake</td>
</tr>
<tr>
<td><strong>September 26</strong></td>
<td><strong>September 27</strong></td>
<td><strong>September 28</strong></td>
<td><strong>Sept 29 Cold Plate</strong></td>
<td><strong>September 30</strong></td>
</tr>
<tr>
<td>Chicken Pot Pie with Potatoes &amp; Veggies Carrots Chilled Pears</td>
<td>Meatloaf Mashed Potatoes Spinach Peach Cobbler</td>
<td>Chicken &amp; Stuffing Casserole Wild Rice Peas Tropical Fruit Cup</td>
<td>Sliced Roast Beef Plate with Potato Salad &amp; Coleslaw Sandwich Roll Berry Crisp</td>
<td>Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit</td>
</tr>
</tbody>
</table>

**Meal site numbers:**
- Bolton: 644-2368
- Cedars: 832-1705
  - cedars@warrencountyny.gov
- Chestertown: 494-3119
- Johnsburg: 251-2711
- Long Lake: 624-5221
- Warrensburg: 623-2653
- Lake Pleasant: 548-4941
- Indian Lake: 648-5412
- Lake Luzerne: 696-2200
- First Presb. Church Glens Falls & Solomon Heights, Queensbury: 832-1705
- Wells: 924-4066