Notice of Public Hearings

You are Invited

It is time for our annual Public Hearings. We will be discussing the office’s service plan for seniors for 2018. I encourage input regarding this plan and future planning. Accommodations for hearing or visual impairments are available with advance notice. Also, interpreter’s services can be arranged on request. All sites are handicap accessible.

Hearings will be conducted at the following sites:

October 25th Chestertown Town Hall
Time: 11:30am  518-494-3119

November 17th Indian Lake Nutrition Site
Time: 11:30am  518-648-5412

Reservations are not necessary to attend the hearings. However, if you would like to stay for lunch following the morning hearings, please call the site and let them know you will be coming so they can plan accordingly. Hope to see you there!

Deanna Park, Director, Warren/ Hamilton Counties for the Aging
NY Connects: Connecting You To Social Supports In Our Community

Are you helping a family member and need some help?

Do you need help for yourself with personal care, laundry, meal preparation? Are you wondering and not sure what is available to help you? Would you like to re-locate or modify your current home and need information on choices?

NY Connects, a program of Warren/Hamilton Counties Office for the Aging provides free information and assistance on many services and is for anyone of any age, income or insurance who needs long term care information and assistance.

Call NY Connects at 1-866-805-3931.

NY Connects: Connecting you to our Community

Saratoga Pride is a network of LGBTQ community members dedicated to:

- Fostering connections among LGBTQ community members and visitors to the region
- Enhancing the visibility of the LGBTQ community in Saratoga and the surrounding region
- Recognizing local businesses and organizations that welcome the LGBTQ community
- Increasing awareness of LGBTQ-owned and inclusive businesses and services in the region.

Oct 4 Milk (biopic about gay activist Harvey Milk)—2008; dir. Gus Van Sant; 2 hr 8 min; rated R—starring Sean Penn
http://www.imdb.com/title/tt1013753/?ref_=nv_sr_1

Oct 11 Ma Vie En Rose (a child identifies as a “girlboy”)—1997; dir. Alain Berliner; 1 hr 20 min; rated R—French with English subtitles
http://www.imdb.com/title/tt0119590/?ref_=nv_sr_1

Oct 18 God Loves Uganda (documentary about evangelical American missionaries promoting homophobia)—2013; dir. Roger Ross Williams; 1 hr 23 min; unrated
http://www.imdb.com/title/tt1874513/?ref_=nv_sr_1

Oct 25 For the Bible Tells Me So (documentary about growing up and coming out gay in 5 different Christian families)—2007; dir. Daniel Karslake; 1 hr 35 min; unrated
http://www.imdb.com/title/tt0912583/

Show time 6:30 PM. Each screening followed by panel discussion. More details to follow. For more information contact: Terry Diggory; tdiggory@skidmore.edu; 518-587-3537.
It is strongly recommended that ALL persons of any age receive Flu Vaccine each year!

We are offering Flu Shots. We are giving all seniors 65 years and older the High-Dose Flu vaccine, as suggested by the CDC. Cost of High-Dose flu is $48.00. We are using the quadrivalent Flu vaccine for all others. Cost of Flu is $30.00. Pneumonia vaccine will also available. Prevnar 13 will cost of $220.00 and Pneumovax will cost $135.00. We will accept all insurance cards. Otherwise, we accept cash or check. You will be given a receipt for cash payments that can be submitted to your health insurance. No one is ever refused because of inability to pay.
Some of the Most Fattening Foods of Fall

So what exactly are the diet-spoilers to watch out for this season? Here are some fall foods that can really pack a caloric punch:

1. **Halloween candy.** Stash sweets out of sight, and be prepared to satisfy your midday hunger pangs with something more nutritious. If you must, chew a piece of sugarless gum.

2. **Cream soups and hearty stews.** Cream of baked potato and broccoli cheese soups and beef stroganoff may seem like perfect fall foods, but beware. "Warm soups and stews feel so nutritious, but if they are loaded with cream, cheese, or meat, they are also loaded with calories. So choose broth and vegetable based soups and stews to fill you up for fewer calories.

3. **Root vegetables.** While many are super-nutritious, root vegetables can quadruple in calories when you cream them, fry them, or mix them with cheese, cream, butter, canned soups, or crispy bacon. A sweet potato casserole can easily have 500 calories per serving -- 400 more than a simple roasted sweet potato. Shave calories by eating root veggies oven-roasted or grilled. If you just can't pass on the mashed potatoes, skip the gravy and keep the portion to 1/2 cup.

4. **Seasonal beverages.** Hot toddies may keep you warm at night, but these hot drinks, along with hot chocolate, pumpkin-spice lattes, eggnog, and apple cider are a quick and easy way to take in lots of extra calories. A 16-oz. Starbucks pumpkin spice latte with 2% milk and whipped cream packs 380 calories, while the same size caramel apple cider has 410 calories. So try a hot cup of green or flavored tea, rich with antioxidants and calorie-free. When you choose to drink alcohol, opt for light beer or wine spritzers, and limit yourself to one or two.

5. **Apple, pecan, and sweet potato pies.** These fall favorites start with healthy ingredients such as heart-healthy nuts or antioxidant-rich fruits and vegetables -- but they also include high-calorie ingredients. Rich, buttery pie crusts, sweet fillings, and the customary whipped cream or ice cream topping make these pies decadent and full of calories. Skip the crust, add a dollop of light whipped topping, and serve yourself only a sliver to enjoy these yummy desserts.

6. **Stuffing.** There are so many versions of stuffing, most containing high-fat ingredients such as sausage and butter. And the calories keep coming when the stuffing is served with a ladle or two of gravy. "You can make a low-fat stuffing using fruits, vegetables, and stock, but you still need to keep the portion small and try to avoid smothering it in gravy.

**Fight Fattening Food**

Follow these tips to help you enjoy fall’s harvest without the extra calories:

- Rule No. 1 is to try enjoying the autumn harvest simply prepared, without lots of extra fat and sugar. A roasted sweet potato is so delicious it really needs nothing, so skip the butter, brown sugar, nuts, and marshmallows.
- Get moving. Do some push-ups, sit-ups, or jumping jacks during halftime or commercials. Stay active and be consistent with your routine, or try to get 10,000 steps each day.
- Don’t keep tempting food out. Put those candy bowls out of sight.
- Be aware of the amount of food you're eating. Check your portion sizes and compare to the nutrition information on the recipe or package. It is easy to eat two to three times as much as the normal portion size.
- Eat mindfully by paying attention to the food on your plate, eliminating distractions like the television and chewing slowing to enjoy each mouthful and allowing your brain time to get the signal that you are full. Use low-fat cooking techniques and substitutions to help trim calories without compromising flavors. You can enjoy comfort foods, but you have to do so in moderation and try to lighten recipes so they are not overloaded with fat and calories.

*Adopted by: WebMD*
Pumpkins have numerous health benefits.
It's a shame that pumpkin is only popular for two months out of the year.
This low-calorie squash is rich in potassium and loaded with beta-carotene (powerful antioxidant), and its natural sweetness brings flavor to baked goods without any added guilt.

HEALTHY PUMPKIN SOUP

Prep Time: 10 mins   Total Time: 40 mins   Servings: 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 kg pumpkin flesh, chopped (I use butternut) (approx. 8 cups of raw pumpkin)
- 1 carrot
- 3 sprigs fresh rosemary
- 4 cups chicken stock or 4 cups vegetable stock
- 3 bay leaves
- 1 cup skim milk powder

DIRECTIONS

1. In a large saucepan, heat olive oil and gently cook onion without browning, for 3-4 minutes.
2. Add pumpkin, carrot and rosemary and cook, stirring for 2-3 minutes.
3. Add stock and bay leaves.
4. Bring to the boil, cover and simmer for 12-15 minutes until vegetables are tender.
5. Remove any rosemary stalks and bay leaves.
6. Place a third of the soup in the blender with a third of the skim milk powder and puree.
7. Pour into a large bowl.
8. Repeat with the remaining soup and milk powder and pour the whole lot back into the saucepan, heat through and serve.
9. For Vegetarian use vegetable stock.

NUTRITION FACTS Serving Size: 1 (553 g) Servings Per Recipe: 4 Amount Per Serving: Calories 259.4, Calories from Fat 60, Total Fat 6.7g, Cholesterol 10.2mg, Sugars 17.9 g, Sodium 450.7mg, Total Carbohydrate 37.6g, Dietary Fiber 2.1g, Sugars 17.9 g, Protein 14.9g
Pumpkin Pancakes
Yield 4 servings (serving size: about 2 pancakes, without syrup or honey)
Festive and flavorful, these pancakes contain half the calories of those made with buttermilk. Plus, pumpkin contains beta-carotene, which may reduce the risk of developing certain types of cancer and offer protection against heart disease.

Ingredients:
- 1/2 cup canned pumpkin
- 1/2 cup low-fat vanilla yogurt
- 1/4 teaspoon baking soda
- 1 large egg yolk
- 1/4 cup cake flour
- 4 large egg whites
- 1/4 teaspoon salt
- Cooking spray
- Maple syrup or honey

How to Make It:
Whisk together pumpkin, yogurt, baking soda, egg yolk, and flour. Whisk egg whites with salt; fold into pumpkin mixture. Heat a large nonstick skillet coated with cooking spray over medium heat. Spoon in 1/3 cup batter for each pancake. Flip when tops are covered with bubbles and edges are slightly brown (about 3 minutes per side). Drizzle with syrup or honey.

Nutritional Information: Calories per serving 90, Fat per serving 7g, Protein per serving 7g, Carbohydrate per serving 12g, Fiber per serving 1g, Cholesterol per serving 55mg, Iron per serving 1mg, Sodium per serving 299mg, Calcium per serving 69mg

Recipes adopted by: Health
HERE ARE SOME OF THIS MONTH’S HIGHLIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-10/2</td>
<td>Hick’s Farm/A.J.’s for Lunch</td>
<td>10 am</td>
</tr>
<tr>
<td>Mon-10/2</td>
<td>Karen’s Art Class-Cost: $15-all supplies provided</td>
<td>12:30 pm</td>
</tr>
<tr>
<td>Mon-10/2</td>
<td>Book Club-“Women In Cabin 10” by Ruth Ware</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/3</td>
<td>Short Stories with Bea Roman</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/3</td>
<td>Understanding &amp; Responding To Dementia Behavior- Alzheimer’s Association</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/4</td>
<td>12:00 pm-Lunch at Domino’s/Strand Theatre-Hudson Falls</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-10/5</td>
<td>Hearing Evaluation from Glens Falls Hospital</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-10/6</td>
<td>Shoebox Packing Party</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-10/9</td>
<td>Center Closed-Columbus Day</td>
<td>9-4</td>
</tr>
<tr>
<td>Tues-10/10</td>
<td>Flu Clinic/Rite Aid</td>
<td>9:30 am</td>
</tr>
<tr>
<td>Tues-10/10</td>
<td>Reverse Mortgage with Tom Clements</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/11</td>
<td>Defensive Driving Class-AARP members $20/nonmembers $25. Lunch provided $6</td>
<td>9-4</td>
</tr>
<tr>
<td>Wed-10/11</td>
<td>Colonic Mall Shopping</td>
<td>9 am</td>
</tr>
<tr>
<td>Thurs-10/12</td>
<td>Color Purple/Proctor’s Theatre-Van leaves Center at 12:00 pm</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Fri-10/13</td>
<td>Center Closed-Fall Fair Set up</td>
<td>9-4</td>
</tr>
<tr>
<td>Sat-10/14</td>
<td>Fall Fair-Crafts, Jewelry, Collectibles, Housewares, Linens, Plants, toys, books etc.</td>
<td>9-2</td>
</tr>
<tr>
<td>Mon-10/16</td>
<td>Flu Clinic/Public Health</td>
<td>12-2</td>
</tr>
<tr>
<td>Tues-10/17</td>
<td>12:00 pm Pizza/Movie-Cost: $1 per slice-Must call ahead to reserve</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/18</td>
<td>Annual Health Fair/Medicare 101</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-10/19</td>
<td>MacBook Farm, Argyle/Lunch at Auction Barn/Visit Battenkill Creamery</td>
<td>9:30 am</td>
</tr>
<tr>
<td>Thurs-10/19</td>
<td>Humana with Jim Williams</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-10/20</td>
<td>Blue Shield with Casey Bates</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-10/23</td>
<td>Newsletter Mailing-Volunteers needed!</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/24</td>
<td>Fidelis Insurance with Ed Reilly</td>
<td>1 pm</td>
</tr>
<tr>
<td>Wed-10/25</td>
<td>Today’s Options with Cathy DeGregoria</td>
<td>1 pm</td>
</tr>
<tr>
<td>Thurs-10/26</td>
<td>MVP with Cathy Rivera-Whitehead</td>
<td>1 pm</td>
</tr>
<tr>
<td>Fri-10/27</td>
<td>United Health with Maureen Hallaran</td>
<td>1 pm</td>
</tr>
<tr>
<td>Mon-10/30</td>
<td>Senior Stitchers</td>
<td>10 am</td>
</tr>
<tr>
<td>Mon-10/30</td>
<td>EPIC with Mark McLaughlin</td>
<td>1 pm</td>
</tr>
<tr>
<td>Tues-10/31</td>
<td>Halloween Luncheon and Paranormal Society after lunch</td>
<td>12 pm</td>
</tr>
</tbody>
</table>

**Ongoing Activities at a Glance:**

<table>
<thead>
<tr>
<th>Monday- Friday</th>
<th>Thrift Shop-new items all the time</th>
<th>10-2 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Tues.</td>
<td>Bingo</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>Every Wed.</td>
<td>Scrabble Group/Bridge Game</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>Every Thursday</td>
<td>Chair Yoga- with Tobey</td>
<td>10:30 a.m</td>
</tr>
<tr>
<td>Mon-Thurs.</td>
<td>OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP</td>
<td>9-10 a.m</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Tai Chi Class with Sam Ling-Cost: $6</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td>Every Friday</td>
<td>Wii Bowling/Line Dancing</td>
<td>10 a.m.</td>
</tr>
<tr>
<td></td>
<td>Woodshop/Golf/ Cards/Special Bingo &amp; Much More.</td>
<td></td>
</tr>
</tbody>
</table>

*Call Center for pricing and information on the upcoming trips and events or see on line.

*Transportation for Center activities available/medical transports by appointment.
Meal Site Closed
Columbus Day
Monday, October 9th

UPCOMING EVENTS

- **October 3 Tuesday**—AARP Smart Driver Class, 9am—3:30 pm. Attendees get a 10% insurance reduction sign up at the meal site.
- **October 11 Wednesday**—Business Meeting and speaker on “Roads Scholar about travel programs.
- **October 25 Wednesday**—Senior Social at 12:45pm
- **November 8 Wednesday** Business Meeting and speaker on Medicare update and open enrollment.

**Upcoming Shopping Trips**

10/18 Aviation Mall, Queensbury
11/15 Colonie Center Mall, Albany
12/20 Sangertown Mall, Utica

Happy Birthday

**to our Volunteers celebrating in October!**

**OCTOBER**

Val Bucci ......................1
Judy Petrazzuolo ............7
Andy Houtman .................8
Priscilla Sanderspree .......8
Ellen O’Hara .................10
Maureen Shaughnessy ......12
Clara Fiore .....................21
Jacqueline Varnado ..........26

Special Thanks to the United Methodist Church of Queensbury for their very generous donation of $500 to the Home Delivered Meals Program

Thank YOU!

**CREATING CHOICES**

Advance Planning Directives
[PRESENTATION]

October 19th
5:30-7:00PM
Richard’s Library, Warrensburg

Happy Birthday

Meal Site Closed
Columbus Day
Monday, October 9th

UPCOMING EVENTS

- **October 3 Tuesday**—AARP Smart Driver Class, 9am—3:30 pm. Attendees get a 10% insurance reduction sign up at the meal site.
- **October 11 Wednesday**—Business Meeting and speaker on “Roads Scholar about travel programs.
- **October 25 Wednesday**—Senior Social at 12:45pm
- **November 8 Wednesday** Business Meeting and speaker on Medicare update and open enrollment.

**Upcoming Shopping Trips**

10/18 Aviation Mall, Queensbury
11/15 Colonie Center Mall, Albany
12/20 Sangertown Mall, Utica

Happy Birthday

**to our Volunteers celebrating in October!**

**OCTOBER**

Val Bucci ......................1
Judy Petrazzuolo ............7
Andy Houtman .................8
Priscilla Sanderspree .......8
Ellen O’Hara .................10
Maureen Shaughnessy ......12
Clara Fiore .....................21
Jacqueline Varnado ..........26

Special Thanks to the United Methodist Church of Queensbury for their very generous donation of $500 to the Home Delivered Meals Program

Thank YOU!

**CREATING CHOICES**

Advance Planning Directives
[PRESENTATION]

October 19th
5:30-7:00PM
Richard’s Library, Warrensburg

Happy Birthday

Meal Site Closed
Columbus Day
Monday, October 9th

UPCOMING EVENTS

- **October 3 Tuesday**—AARP Smart Driver Class, 9am—3:30 pm. Attendees get a 10% insurance reduction sign up at the meal site.
- **October 11 Wednesday**—Business Meeting and speaker on “Roads Scholar about travel programs.
- **October 25 Wednesday**—Senior Social at 12:45pm
- **November 8 Wednesday** Business Meeting and speaker on Medicare update and open enrollment.

**Upcoming Shopping Trips**

10/18 Aviation Mall, Queensbury
11/15 Colonie Center Mall, Albany
12/20 Sangertown Mall, Utica

Happy Birthday

**to our Volunteers celebrating in October!**

**OCTOBER**

Val Bucci ......................1
Judy Petrazzuolo ............7
Andy Houtman .................8
Priscilla Sanderspree .......8
Ellen O’Hara .................10
Maureen Shaughnessy ......12
Clara Fiore .....................21
Jacqueline Varnado ..........26

Special Thanks to the United Methodist Church of Queensbury for their very generous donation of $500 to the Home Delivered Meals Program

Thank YOU!

**CREATING CHOICES**

Advance Planning Directives
[PRESENTATION]

October 19th
5:30-7:00PM
Richard’s Library, Warrensburg
Canadian Rockies
with overnight train experience
Sept 16th - 24th 2018

Itinerary at a Glance
Day 1 Westin Calgary, Calgary, Alberta
Day 2 – 3 The Fairmont Banff Springs, Banff, Alberta
Day 4 The Fairmont Chateau Lake Louise, Lake Louise
Day 5 Sawridge Inn and Conference Centre, Jasper, Alberta
Day 6 VIA Rail Canada, Toronto, Ontario
Day 7 – 8 Georgian Court Hotel, Vancouver, British Columbia

Don’t miss
Information Meeting
Sept. 27th 2017 1pm
Please sign up if you plan to attend

Visit San Antonio Texas
Side excursion to Austin
Note: Date has changed!
Departure date is now
Nov 11th 2018
Presentation on this trip
to be announced
Travel with Collette

Bike Block Island Recap
Sept 6th-8th 2017

Our new venture went extremely well. We were able to get in three days of biking along with some hiking, kayaking and sailing(motorizing). We had some great meals together and had time to explore the quaint harbor town on our own. The weather miraculously changed from dismal to glorious and we enjoyed this wonderful Island paradise without the crowds of summer. I was so impressed with our groups energy and enthusiasm for this physical endeavor and greatly appreciated the skilled hands -on service provided by Great Freedom Adventures. A special thanks to CDHP who sponsored the trip by providing all participants with a windbreaker jacket that perfectly suited our needs. QSC is looking to expand it’s offerings to provide options for fun moderately physical activities that support healthy living with a continued spirit of comraderie which we have become known for.
SAVE THE DATE  NOVEMBER 1ST
TOPIC: HOUSING OPTIONS OPEN HOUSE
10:00AM-NOON@ Crandall Public Library

NY Connects: Your Link to Long Term Services and Supports
November is Homeless Awareness Month
For more information: Contact Warren-Hamilton Counties NY Connects at 1-866-805-3931

WARREN/HAMILTON COUNTY
SENIOR PICNIC
We wanted to reach out to all of you whom attended the Warren/Hamilton County Senior Picnic this past month. We had a great turn out and we hoped you enjoyed yourselves.

SPONSORS: Warren/Hamilton Counties Office for the Aging/NYSOFA; WORLCO/Universal America; Cool Insurance; CDPHP; MVP

ENTERTAINMENT PROVIDED BY: Paul Siletti

THANK YOU’s: Fish Hatchery – Providing Location; Lake Luzerne Meal Site – Coleslaw; Bolton Meal Site – Potato Salad; Countryside Adult Home - Strawberry Shortcake, Use of Grill; Warren County DPW - Set Up & Take Down

We hope to see you next year!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
<table>
<thead>
<tr>
<th>MEAL SITE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bolton</td>
<td>Salisbury Steak/Gravy</td>
<td>October 3</td>
<td>October 4</td>
<td>October 5</td>
<td>October 6</td>
</tr>
<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Macaroni &amp; Cheese</td>
<td>Turkey Divan</td>
<td>Beef Stew</td>
<td>Lemon Baked Fish</td>
</tr>
<tr>
<td></td>
<td>California Medley</td>
<td>Stewed Tomatoes</td>
<td>Broccoli</td>
<td>Boiled</td>
<td>Fish</td>
</tr>
<tr>
<td></td>
<td>Chilled Pineapple</td>
<td>Marinated Carrots</td>
<td>Rice Veggie Casserole</td>
<td>Potatoes/Carrots</td>
<td>Roasted Red Potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin Orange</td>
<td>Gingerbread/Topping</td>
<td>Biscuit</td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cookie of the Day</td>
<td>Fresh Grapes</td>
</tr>
<tr>
<td>Chestertown</td>
<td></td>
<td><strong>October 9</strong></td>
<td>October 10</td>
<td>October 11</td>
<td>October 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>HAPPY COLUMBUS DAY</strong></td>
<td>Apple n’ Onion</td>
<td>Swedish Meatballs</td>
<td>Tamale Pie</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chicken</td>
<td>Over Noodles</td>
<td>California Medley</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sweet Potatoes</td>
<td>Scandinavian Veggies</td>
<td>Coleslaw</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spinach</td>
<td>Fruited Gelatin</td>
<td>Cranberry</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mandarin Orange</td>
<td></td>
<td>Crunch</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>October 16</strong></td>
<td>October 17</td>
<td>October 18</td>
<td>October 20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Creamy Chicken</td>
<td>Beef Pot Pie with</td>
<td>Turkey Pot Roast</td>
<td>Spaghetti &amp;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Casserole Sweet</td>
<td>Potatoes and Veggies</td>
<td>Cranberry Sauce</td>
<td>Meatballs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Potatoes</td>
<td>Winter Squash</td>
<td>Mashed Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peas &amp; Onions</td>
<td>Chilled Peaches</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tropical Fruit Salad</td>
<td></td>
<td>Strawberry Shortcake</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>October 23</strong></td>
<td>October 24</td>
<td>October 25</td>
<td>October 26</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Creamy Parmesan Fish</td>
<td>Pepper Steak</td>
<td>Eggplant Parmesan</td>
<td>Cheeseburger Pie</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Potato of the Day</td>
<td>Mashed Potatoes</td>
<td>Spaghetti/Marinara Sauce</td>
<td>Juice of the Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mixed Veggies</td>
<td>Brussels Sprout</td>
<td>Sauce</td>
<td>Biscuit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pudding of the Day</td>
<td>Chilled Pineapple</td>
<td>Peas &amp; Onions</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td><strong>October 31</strong></td>
<td><strong>Happy Halloween</strong></td>
<td></td>
<td>Apple Crisp</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cauldron of Chili Frightening Fiesta</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice, Creepy Corn Petrifying</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pumpkin Bar</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meal site numbers:
Bolton: (518)644-2368
Cedars: (518)832-1705
cedars@warrencountyny.gov
Chestertown: (518)494-3119
Johnsburg: (518)251-2711
Long Lake: (518)624-5221
Warrensburg: (518)623-2653
Lake Pleasant: (518)548-4941
Indian Lake: (518)648-5412
Lake Luzerne: (518)696-2200
First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705
Wells: (518)924-4066