



News from Livingston County, N.Y.

FOR IMMEDIATE RELEASE

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Congregate Meal Program Supporting Seniors in Livingston County

MOUNT MORRIS, N.Y., July 28, 2022 — Livingston County residents age 60 and older looking for a healthy meal and some social activities need look no further than the Office for the Aging's Congregate Meal Program (CMP).

Available at four locations throughout the County, the CMP provides nutritious noon-time meals, which meet the federal standard of one-third of an individual's recommended daily calorie allowance for optimum nutrition. In addition to healthy food, the program also offers diners fellowship and socializing along with their lunch, said Livingston County Office for the Aging Director Sue Carlock.

"I like to think of it as nourishment for both the body and mind," said Carlock. "It's known that socialization is one of the most effective ways for seniors to improve their mental health. And sharing a delicious and healthy hot meal with others has a way of breaking down barriers and bringing people together over the table. This is a wonderful resource for our older residents and I encourage more of them to take advantage of it and join us."

Program officials suggest a contribution of \$3 per meal, but said no one will be denied a meal because of inability or unwillingness to pay. Supplemental Nutrition Assistance Program (SNAP) benefit cards are accepted by the CMP. Officials also request diners make reservations before arriving. Transportation may be available at some sites, please call for more information.

Congregate Meal Site Locations and Times:

Avon Senior Nutrition Program

Village Building, 74 Genesee St.

Telephone: (585) 226-6353

Site hours: 9 a.m. to 2 p.m., Tuesday through Friday

Dansville Senior Nutrition Program

Dansville United Methodist Church

5 Chestnut Avenue

Telephone: (585) 335-8130

Site hours: 9 a.m. to 2 p.m., Monday through Thursday

Mt. Morris Senior Nutrition Site

Boyd & Parker VFW Post 547

3 Elm Street

Telephone: (585) 658-4513

Site hours: 9 a.m. to 2 p.m., Monday through Thursday

Wildbriar Estates

17 Wildbriar Dr., Livonia, NY

Telephone: (585) 346-0010

Site hours: 11:30 a.m. to 1:00 p.m., Monday through Thursday

Congregate Meal Program August 2022 Menu:

<https://www.livingstoncounty.us/DocumentCenter/View/15674/MENU-AUG-2022>

About Livingston County:

Founded in 1821, Livingston County, N.Y., is comprised of more than 61,000 residents in 17 towns located across 640 square miles of the Finger Lakes region.

Livingston County Office for the Aging Senior Nutrition Program (585) 243-7520		AUGUST 2022				
		1% MILK & MARGARINE SERVED DAILY				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/01—08/05	Beef Sloppy Joe Burger Bun Spinach Corn Pears Apple Juice	Chicken Cesar Salad Chickpea Salad Beet Salad Wheat Bread Slice Pineapple Grape Juice	Garlic Herb Pork Loin Roasted Potatoes Gravy Asparagus Zucchini & Summer Squash Watermelon	Turkey Meat Sauce w/ Whole Wheat Penne Pasta Peas Carrots Wheat Roll Mixed Fruit Brownie	Grilled Fish w/ Wild Rice Green Beans Capri Mixed Vegetables Plum Orange Juice Lemon Bar	
08/08—08/12	Baked Chicken Thigh Mashed Sweet Potatoes Cauliflower Green Beans Wheat Bread Slice Clementine Apple Juice Lorna Doone Cookies	Chopped Steak w/ Onion Broccoli Mashed Potatoes Pineapple Grape Juice	Turkey Tetrazzini w/ Whole Wheat Rotini Carrots Peas & Onions Grapes Orange Juice	Chicken Salad Burger Bun Broccoli Salad Beet Salad Diced Melon Apple Juice	Apricot Glazed Pork Rosemary Roasted Potatoes Brussel Sprouts Corn Pears Strawberry Jell-O	
08/15—08/19	Whole Wheat Farfalle Pasta w/ Meatballs & Sauce Yellow Squash & Peppers Peas Wheat Roll Pineapple Orange Jell-O	Egg Salad Croissant Carrot Raisin Salad Chickpea Salad Clementine Apple Juice	Spanish Pulled Pork w/ Rice Whole Wheat Tortilla Roasted Corn Black Beans Diced Melon Orange Juice	Orange Chicken Garden Rice Lima Beans Peach Pear Crisp	Dijon Herb Crusted Fish w/ Roasted Potatoes Capri Blend Vegetables Broccoli Tropical Fruit Chocolate Mousse	
08/22—08/26	Chicken Paprikash w/ Brown Rice Carrots Green Beans Clementine Apple Juice	Baked Fish w/ Cherry Tomatoes Mashed Sweet Potatoes Lima Beans Mixed Fruit Grape Juice	Deil Turkey w/ American Cheese Wheat Bread Slices (2) Tomato Cucumber Salad Claremont Salad Peach Orange Juice	Meatloaf w/ Mashed Potatoes & Gravy Broccoli Corn Wheat Roll Applesauce	BBQ Pork Roasted Zucchini Rosemary Roasted Potatoes Corn Bread Plum Orange Juice	
08/29—08/30	Chicken Strips w/ Alfredo Sauce & Whole Wheat Penne Pasta Chopped Spinach Capri Blend Vegetables Garden Blend Salad Mixed Fruit	Tuna Salad Croissant Spinach Salad w/ Raspberry Vinaigrette Tomato Cucumber Salad Fruit Cocktail Apple Juice	Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Slice Pear Grape Juice	<p><i>Summer afternoon—summer afternoon; To me those have always been The two most beautiful words In the English language.</i></p> <p><i>—Henry James</i></p>		

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