

Community Dining Menu

**Please call the nutrition department for meal cancellations by
10 am on the day of delivery-508-584-1561.**

Suggested donation-\$2.50/meal

Menu subject to change without notice.

WW=Whole Wheat

			THURSDAY		FRIDAY									
			Nutriton Information is for the entire meal including bread and margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate Milk=107 mg sodium Margarine=47mg		1 Spanish Chicken (461) Spanish Rice (39) Spring Summer Vegetable Blend (25) Multigrain Bread (150) Banana (1) Calories: 623 Sodium: 831mg Carb: 91.1g									
4 WG Lasagna Rolls (290) w/Meat Sauce (101) Italian Veg. Blend (19) Hot Cinnamon Peaches (64) Parmesan Cheese (108) WW Dinner Roll (180) Calories: 744 Sodium: 918mg Carb: 89.6g			5 Hamburger (200) w/Cheese (175) Hot German Potato Salad (73) Green Bean w/ Red Peppers (7) WW Hamburger Roll (230) Fresh Pear (1) Calories: 786 Sodium: 849mg Carb: 76.2g			6 Chicken Cacciatore (343) Tricolor Pasta (4) California Veg.Blend (30) Parmesan Cheese (108) Oatmeal Bread (150) Pumpkin Cookie (140) MOD:SF Oatmeal Cookie (65) Calories: 732 Sodium: 929mg Carb: 92.3g			7 Fish Florentine (356) Herbed Brown Rice w/Kidney Beans (35) Fiesta Veg.Blend (15) Wheat Bread (115) Lemon Pudding (190) MOD:SF Lemon Cookie (60) Calories: 788 Sodium: 867mg Carb: 95.9g			8 Roast Turkey* (612) Savory Stuffing (83) Turkey Gravy (121) Cranberry Sauce (4) Mashed Potato (25) Broccoli (12) WW Dinner Roll (180) Fresh Orange (0) Calories: 1017 Sodium: 1192mg Carb: 96.5g		
11 Baked Omelet with Cheese (283) O'Brien Potatoes (184) Peppers & Onions (43) Apple Cinnamon Muffin (12) Honey Dew Melon (190) Calories: 747 Sodium: 896mg Carb: 81.3 g			12 Stuffed Shells w/Vegetable Ragou (401) Tuscany Veg.Blend (116) Wheat Bread (47) Parmesan Cheese (115) Hot Caramelized Peaches (108) Calories: 691 Sodium: 1017mg Carb: 80.5g			13 Baked Pollock (97) w/Orange Sauce (8) Orzo w/Peas (62) Roman Veg.Blend (12) WW Dinner Roll (180) Vanilla Pudding (190) MOD: Waffle Snaps (65) Calories: 815 Sodium: 704mg Carb: 116.6g			14 Spanish Pot Roast (106) Roasted Sweet Potatoes (41) Spinach (110) Multigrain Bread (150) Banana (1) Calories: 691 Sodium: 563mg Carb: 85.2g			15 Greek Chicken (489) Brown Wild Rice (35) Chuck Wagon Vegetable Blend (2) Oatmeal Bread (150) Apple Bar (85) MOD:SF Oatmeal Cookie (65) Calories: 725 Sodium: 916mg Carb: 99.6g		
18 No Meals Patriot's Day 			19 Meatloaf (336) Gravy (61) Mashed Potato (25) Scandivanian Vegetable Blend (21) Wheat Bread (115) Fresh Orange (0) Calories: 753 Sodium: 713mg Carb: 97.9g			20 Breaded Pork (469) w/Apple Cabbage Slaw (23) Tomato Braised Potatoes (38) Chef's Choice Vegetable Blend (25) Rye Bread (150) Cantaloupe Cubes (12) Calories: 800 Sodium: 871mg Carb: 94.1g			21 Cold Meal Roasted Chicken Breast w/Cucumber&Tomatoes (415) w/Pita Bread Half (161) Ziti w/Broccoli Salad (48) Chocolate Cupcake (170) MOD:Vanilla Wafers (65) Calories: 744 Sodium: 948mg Carb: 95 g			22 Potato Crunch Fish (337) Roasted Sweet Potatoes (41) Green Beans (3) Multigrain Bread (150) Banana (1) Calories: 841 Sodium: 687mg Carb: 105.4 g		
25 Macaroni&Cheese* w/Bread Crumbs (616) Vegetarian Baked Beans (140) Zucchini&Tomatoes (69) Wheat Bread (115) Peaches (5) Calories: 734 Sodium: 1099mg Carb: 108.3g			26 Minestrone Soup (440) Italian Tuna Salad w/Lettuce Bed (255) Beet-Glazed Couscous (57) Spinach Salad w/ Mandarin Oranges (33) WW Kaiser Roll (200) Fresh Pear (1) Calories: 817 Sodium: 1141mg Carb: 122.9 g			27 Broccoli Stuffed Chicken (440) Baked Potato (4) Peas & Mushrooms (63) Sour Cream (13) Oatmeal Bread (150) Double Choc.Cookie (91) MOD: Waffle Snaps (65) Calories: 835 Sodium: 915mg Carb: 96.3g			28 Salmon Filet (69) w/Newburg Sauce (99) Herbed Brown Rice (4) Brussel Sprouts (14) Multigrain Bread (150) Lemon Square (109) MOD:SF Lemon Cookie (60) Calories: 753 Sodium: 595mg Carb: 78.6g			29 Italian Pot Roast (193) Garlic Mashed Potatoes (122) Honey Glazed Carrots (79) WW Dinner Roll (180) Fresh Orange (0) Calories: 659 Sodium: 728mg Carb: 88.8g		

◆=high sodium meal

*Indicates food item with sodium >500mg



The Halifax Council on Aging invites you to KEEP MOVING!



Come join our Walk Across America – first stop... New Orleans!

Every step you take counts, indoors or out. Down the street, around the block, or that nature walk.

Count those steps up and down that hallway, around a store or in the mall. Lose weight – relax - stimulate the brain! Stop into the Senior Center to see and join our Tracking Map and pick up your own tracking book!

call Pat at 508-390-8179 for details.

Every 1,000 steps or 30 minute Every 2,000 steps or an hour = 1 mile

PLACES TO KEEP IT MOVING...

•Line Dancing (Tuesdays, 2:30pm and Wed., 6:30pm) at the All Season's Restaurant, 327 Plymouth St. (Rt.106)

•Wii games (Wednesdays, 10:30am)

•Chair yoga (Wednesday, 11am, \$4pp) At Henrich Hall, Halifax Mobile Park estates, Redwood Dr.

•Ball room Dancing (Wednesdays, 11am), Town Hall

•Love To Walk group (April 2, May 20, June 10 etc. ... 9am-1pm) depart from COA

•Senior Fit with Lori meets on Wednesday mornings, 9:30-10:30 at the Halifax Police Station, 2nd floor. (\$4pp)

SMART and WISE TIPS FROM TIMOTHY J. CRUZ, DISTRICT ATTORNEY FOR PLYMOUTH COUNTY....

Heed your own advice. Never talk, or open your door to a stranger. Never give out any personal information about yourself or your family to anyone, or any business that you are not familiar with.

Have a door with a peephole. It's a safe way to see who is at your door. It's important to know who is on the other side before you open it.

Watch fraudulent telephone solicitations. Beware of any postcard or voice message promising cash or prizes. Never, ever give out your credit or debit card number or bank account to ANYONE that is not legitimate or doing regular business with you.

If something sounds too good to be true it probably is. Take the time to stop and check out the validity of an offer prior to accepting it.

Do not make donations to an unknown charity. Ask for their telephone number so you can call them back. Hang up the phone if someone is uncooperative with such a request.

Very helpful....Reduced cost health care (medical, dental, behavioral, pharmacy, financial counsel, etc.) is available at Harbor Community Health Center in Plymouth. Check: www.hhsi.us for information. Conveniently located at the Plymouth "T" Station.

For specifics, please call them at 508-778-5470

The 50-50-90 Rule:

Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

Come to the COA for lunch on **Thursdays**, and stay afterwards for a time of relaxful **COLORING**.

We offer a time of enjoyment (12:30) to simply benefit from a time to create something that you can decorate with or give as a gift to someone.



Participating in ADULT COLORING is "new" and popular, having a tremendous calming benefit. Researchers and therapists have been finding more and more about the short and long term benefits. "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness," says one. **Supplies provided!**



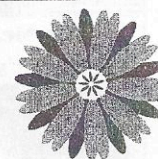
COME TO THE SPRING SPECIAL LUNCH!

Thursday, April 7th, noon....donation \$2.50

Menu includes: Chicken Cordon Bleu, baked potato & sour cream, Celery & Carrot Almondine, whole wheat dinner roll and strawberry chiffon! YUM!!!

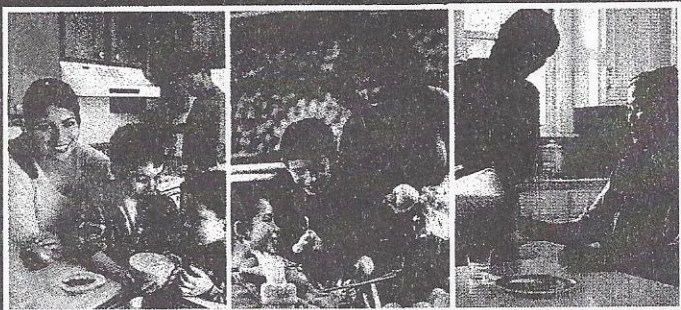
Call to reserve your place at the table!

LEARN how to make "paper Dahlias"! It is quite an art, yet easy to learn!! Come in and view the sample one that is hanging on the wall in our dining room. This will be a small group project with a few people working on one Dahlia to beautify your home, the COA, or to give to a friend in the hospital. Leavitt Andreson will be here on Thursday, April 14th, 21st, 28th from 1:00 – 2:00 to show you how to create these. **Please sign up for material purposes.** Bring a friend. You can learn a new craft, or you can watch and color with the adult coloring group!!



Have you ever wondered if someone was available to give you help in understanding the use of computers? Come in on **Monday mornings, 10am-11:00am** for

basic computer knowledge skills—with Betty Ann, our patient and calm instructor.



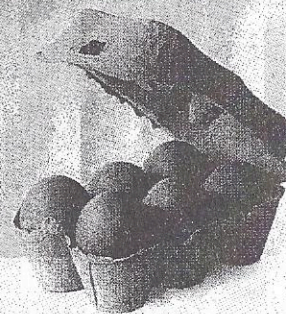
WE'RE PUTTING HEALTHY FOOD WITHIN REACH

LET US HELP YOU PROCESS YOUR APPLICATION

Call 508-747-7575 Ext. 6239 for more information or to make an appointment with a SSCAC SNAP Specialist.

The Supplemental Nutrition Assistance Program helps people eat right even when money is tight.

If you or someone you know is unemployed, disabled or living on a fixed income, SNAP may help put more nutritious food on the table.



WHAT YOU NEED TO APPLY FOR SNAP BENEFITS:

NOTE: Documents marked * may not be dated more than 4 weeks prior to the date of your application.

1. **PROOF OF IDENTITY:** Passport, Drivers License, Certificate of U.S. Citizenship, Certificate of Naturalization, Military ID, School ID.
2. **PROOF OF MASSACHUSETTS RESIDENCE:** Mortgage, tax, homeowners insurance, utility bills, rent receipt, or lease showing your residential address (not a P.O. box) are acceptable. If you are homeless, a Massachusetts motor vehicle registration or a statement from either a shelter or a person with whom you are temporarily staying, will be accepted.
3. **EARNED INCOME*:** Pay stubs or written statement from employer on company letterhead showing income before taxes for the four weeks prior to application.
4. **OTHER INCOME:** Most recent copy of Social Security check or copy of award letter, proof of unemployment, workers compensation, pension, child support, or alimony.
5. **SELF-EMPLOYMENT:** Most recent federal tax return (Schedule C) or last three month of business records
6. **RENTAL INCOME:** If you get paid by someone who rents a room or apartment from you, a copy of the lease agreement or statement showing amount of rent.
7. **NONCITIZEN STATUS:** All non-US citizens applying for SNAP benefits must provide an alien registration card or other immigration document.
8. **CHILD SUPPORT PAYMENTS:** If you make child support payments to someone not living with you, you must provide proof of the amount paid and of legal obligation (e.g. court order, tax returns, verification of withholding from payroll or unemployment compensation.

While not required for a SNAP application, the following expenses may increase your SNAP benefit.

1. **HOUSING COSTS*:** Rent receipt, or lease agreement. Home ownership requires mortgage statement, real estate taxes and homeowners insurance bills.
2. **UTILITIES*:** Bills for heating, electricity, telephone (includes cellphones), or garbage disposal.
3. **MEDICAL EXPENSES:** If you or anyone in your household is age 60 or older or has a certified disability, the amount of your out-of-pocket medical expenses can be shown by receipts for co-payments or premiums on health insurance, dentures, eyeglasses, hearing aid batteries, prescription medications, doctor prescribed pain relievers, over the counter drugs and transportation to get to medical services.
4. **CHILD CARE OR ADULT DEPENDENT CARE EXPENSES:** Requires a written statement from your dependent care provider or a canceled check or money order paid to the care provider.



Since 1965, South Shore Community Action Council has provided a range of critical services to low-income individuals and families on the South Shore of Massachusetts. SSCAC serves Carver, Cohasset, Duxbury, Hanover, Hingham, Hull, Kingston, Marshfield, Norwell, Pembroke, Plympton, Plymouth and Scituate. Through our Fuel Assistance and Transportation Programs, we serve an additional 58 towns in the Southeast, Cape Cod, and the Islands.

WHAT IS GENERATIONS?

..We are FRIENDS OF THE COA!

Generations is a 501 [c] 3 non-profit organization - all donations & membership dues are tax deductible. Our purpose is to support the Halifax Council on Aging on many levels. 100% of all funds raised are spent directly on items & programs that benefit the COA. Membership is open to ALL ages & the annual dues are \$5.00 [fiscal year September 1st to August 31]. Membership forms are available at the Halifax Council on Aging, (or Pope's Tavern, Halifax).

FUND RAISING ACTIVITIES: * Membership dues * Donations in memory of loved ones * Gift basket raffles * Day trips to concerts / theaters * Luncheons * Socials, line dancing, talent shows * Yard sales, craft fairs * Donation box located in back of COA building.

Suggestions are always welcomed for any new fund-raising idea!

We support the Halifax COA by purchasing needed items and services that are not included in the COA's regular budget. We also participate in the COA activities and events. Official elections are in October. New members are welcomed & meetings are held 3 times a year. Dates, times & places will be posted in the Halifax COA newsletter.

Current Board Members: Chair-person: Patti Bright

Co-chair : Dottie Martel @ 781-754-064

Secretary: Janet Poulos Villano @ 781-293-9261

Treasurer: Rita Magnarelli