



Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.

Thursday, noon to 1pm pick up = Stop & Shop

Friday, 9-10 am pick up = Walmart & errands

### Van rates, roundtrip

In town = \$3.00

Surrounding towns = \$6.-00 (E. Bridgewater, Hanson, Pembroke, Plympton)

Outer Towns = \$8.00 (Brockton, Weymouth, Plymouth, Hanover, etc.)

Cape Cod = \$12.00 Boston = \$30.00 (one way OR roundtrip)

### FINANCIAL PERKS OF GETTING OLDER...



- ♥Lower car insurance rates (check with your agent!)
- ♥Beefed-up retirement savings (6,500 per annual contribution)
- ♥Deals on Travel (Southwest, United, American, Best Wester & Marriott)
- ♥More for your Health Savings Account
- ♥Tax breaks from Uncle Sam (itemizing medical expenses)
- ♥Discounts galore (Kohl's, local restaurants, etc.)
- ♥Cheaper Tickets to ride (subways, etc.)
- ♥Bargains on National Park entrance fees
- ♥Free (or low-cost) classes at public/private colleges

Taken from: Kiplinger.com article 4/5/16 by Kaitlin



### PARAPROSDOKIANS

are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous. Winston Churchill loved them! Here's a few:

- We never really grow up, we only learn how to act in public.
- War does not determine who is right—only who is left.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- To steal ideas from one person is plagiarism. To steal from many is research.
- I didn't say it was your fault, I said I was blaming you.
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- I'm supposed to respect my elders, but it is getting harder and harder for me to fine one now.
- Since light travels faster than sound, some people appear bright until you hear them speak.
- Where there's a will, I want to be in it.



Starting May 9th, there will be a special

### **Shop & Lunch Trip available!**

Pick up from your home at 9:30a.m (or meet at the COA 9:00am)

Transportation fee is \$5pp, but lunch is on your own. We will drive to Marshall's in Hanover, then to Wahlburgers Restaurant in Hingham, returning @2pm.

### ***FIRST COME, FIRST SERVED!***

Limited seating available ~ Call our office

Next Trip: June 6th to Dollar Tree & Meadowbrook Restaurant in Hanson



The Brown Bag Program provides free groceries once a month for low income elders aged 60 and older. The groceries include items from each of the four food groups. There is a suggested donation of \$1/bag. Call us for specifics.

### ***REDUCING PAIN THROUGH SELF-HYNOPTIS....***



This workshop is for individuals with chronic diagnosed pain, anticipating a medical or dental procedure, or suffer from "White Coat" syndrome. This course is taught by Joanne Campbell, who has done similar sessions at the COA, and most recently "Reducing Stress". The COA defrays the cost of the hypnotist sessions for our Halifax seniors. The courses will be on June 16th and 30th at 2:00pm. There is a minimum of 7 individuals needed for this to confirm. Reserve your space by paying only \$10.00 in advance and notifying our office.



IF you are having difficulty with paying prescription drug expenses....please check for the new program called "Extra Help" from the Social Security Administration.

Benefits include co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. There are two ways to get more information:

[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)

Or....Come by to see **Maria Burke**, our **SHINE** Counselor who is available on Tuesday mornings, 9:00!

# OCES NUTRITION PROGRAM

May 2016

## Old Colony Elder Services

Providing services to the community since 1974



### Community Dining Menu

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

**Suggested donation-\$2.50/meal**

*Menu subject to change without notice.*

WW=Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Hot Dog (490) w/WW Hot Dog Bun (210) Italian Roasted Potatoes (6) Broccoli (12) Ketchup (82) Honey Dew Melon Cubes (15) Calories: 620 Sodium: 970mg Carb: 73.5g	<b>3</b> Chicken Parmesan* (701) Parslied Penne Pasta (4) Spring Summer Vegetable Blend (25) Parmesan Cheese (108) WW Dinner Roll (180) Mixed Fruit (5) Calories: 820 Sodium: 1178mg Carb: 107.2g	<b>4</b> Shephards Pie (112) Green Beans w/Red Peppers (7) Multigrain Bread (150) Hot Cinnamon Pears (64) Calories: 673 Sodium: 487mg Carb: 66.2g	<b>5</b> Egg Salad w/Lettuce (170) Pita Half (161) Pasta Salad Vinaigrette (8) Three Bean Salad w/Green bean, Chickpeas, Kidney Beans (34) Pumpkin Cookie (140) MOD: Lorna Doones (100) Calories: 873 Sodium: 715mg Carb: 106 g	<b>6</b> Hawaiian Pork Roast (494) Brown Wild Rice Blend (35) Fiesta Vegetable Blend (15) Oatmeal Bread (150) Blueberry Pomegranate Bar (80) MOD: Waffle Snaps (65) Calories: 789 Sodium: 928mg Carb: 110.4g
<b>9</b> Chicken Marsala (459) Parslied Buttered Bow Tie Pasta (38) Italian Veg. Blend (19) WW Dinner Roll (180) Vanilla Cupcake (170) MOD: SF Lemon Cookie (60) Calories: 816 Sodium: 1021mg Carb: 101.3g	<b>10</b> Fish Florentine (356) Herbed Brown Rice w/Kidney Beans (35) Jardiniere Veg. Blend (21) Multigrain Bread (150) Mandarin Oranges (7) Calories: 731 Sodium: 725mg Carb: 91.7g	<b>11</b> WG Lasagna Rolls (290) w/Meat Sauce (101) Roman Vegetable Blend (12) Parmesan Cheese (108) Wheat Bread (160) Hot Caramelized Peaches (75) Calories: 705 Sodium: 901mg Carb: 83.2g	<b>12</b> Pot Roast (34) w/Gravy (46) Baked Potato (4) Diced Beets (185) Sour Cream (13) Oatmeal Bread (150) Dble Choc Chip Cookie (155) MOD: Strw. Graham (85) Calories: 718 Sodium: 742mg Carb: 84.9g	<b>13</b> Swiss Cheese (13) Omelette (283) Home Fried Potatoes (62) Peppers&Onions (12) Apple Cinnamon Muffin (190) Banana (1) Calories: 751 Sodium: 716 mg Carb: 95.9g
<b>16</b> Meatball Sub (190) w/Sub Roll (219) Tomato Sauce (71) Oven Roasted Pot's (6) Scandinavian Veg's (21) Chocolate Pudding (190) MOD: Diet Pudding (127) Calories: 835 Sodium: 962mg Carb: 119.8g	<b>17</b> Pork Stir Fry (56) w/Sweet N'Sour Sauce (38) Roasted Sweet Potatoes (41) California Vegetable Blend (30) WW Dinner Roll (180) Mixed Fruit (5) Calories: 787 Sodium: 504mg Carb: 83.6g	<b>18</b> Greek Chicken (489) Brown Wild Rice Blend (35) Honey Glazed Carrots (79) Multigrain Bread (150) Fresh Orange (0) Calories: 647 Sodium: 907mg Carb: 90g	<b>19</b> Salmon (69) w/Dill Sauce (25) Orzo w/Peas (62) Asian Vegetable Blend (25) Marble Rye Bread (150) Cinnamon Mousse♦ (25) Calories: 768 Sodium: 511mg Carb: 77.8g	<b>20</b> Spanish Pot Roast (106) Italian Roasted Potatoes (6) Broccoli (12) WW Dinner Roll (180) Banana (1) Calories: 693 Sodium: 461mg Carb: 95.3g
<b>23</b> Chicken Scallopini (329) Tricolor Pasta (4) Fiesta Veg. Blend (15) Garlic Roll (134) Fresh Pear Calories: 687 Sodium: 637mg Carb: 96.2g	<b>24</b> Vegetable Soup❖ (390) Tuna Salad w/Lettuce (284) w/Pita Half (161) Barley&Carrot Pilaf (76) Tomato & Red Pepper Salad (105) Choc. Oatmeal Bar (75) MOD: Waffle Snaps (65) Calories: 739 Sodium: 1245mg Carb: 97.9g	<b>25</b> Hamburger (290) w/Cheese (184) Potato Wedges (6) Roman Vegetable Blend (12) Ketchup (82) WW Hamburger Roll (230) Lemon Square (105) MOD: SF Lemon Cookie (60) Calories: 788 Sodium: 1063mg Carb: 86.8g	<b>26</b> Roast Turkey (496) w/Gravy (121) Stuffing/Cran.Sauce (21) Mashed Potatoes (25) Spring Summer Vegetable Blend (25) WW Dinner Roll (180) Cantaloupe Cubes (14) Calories: 670 Sodium: 1103mg Carb: 90.8g	<b>27</b> Stuffed Shells (430) w/Meat Sauce (101) Tuscany Veg. Blend (47) Parmesan Cheese (108) Oatmeal Bread (150) Hot Caramelized Apples (76) Calories: 713 Sodium: 1067mg Carb: 82.5g
<b>30</b> Memorial Day No Meals Served 	<b>31</b> Broccoli Stuffed Chicken (440) Mashed Sweet Potatoes (24) Peas&Mushrooms (65) Oatmeal Bread (150) Lemon Pudding (190) MOD: Lemon Graham (38) Calories: 767 Sodium: 1024mg Carb: 103.7g	<b>Nutrition Information</b> 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=47 mg sodium		

\*Indicates food item with >500mg sodium

❖=high sodium meal

♦=appropriate for modified dessert