



JULY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	4 	5 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	6 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL BUILD A BURGER Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	7 9:00 Errands* 9:00-12:30 PediRN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
10 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	11 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie* 12:30-3:00 Pedi RN*	12 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	13 8:30 Wellness Check GENERATIONS TRIP* (8:30a-6:30p) 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	14 9:00 Errands* 9-1 Love To Walk* (Plymouth) 10:00 Exercise 12:00 Lunch* 1:00 Office closes
17 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	18 9-11 Men's Coffee & SHINE* 12:00 Lunch* & SHINE* 1:30 ICE Cream SOCIAL (HMHP) & special performance*	19 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 Lunch*	20 8:30 Wellness Check 9-11 Men's Coffee Time 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1:00 Veteran's Chat 1-3 Adult coloring	21 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 1969—First person to walk on the moon occurred this day
24 9:00 Church/Shop & Lunch Trip* (Cape Cod Canal) 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	25 9-11 Men's Coffee & SHINE* 12:00 Lunch* National HOT FUDGE DAY	26 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 2:30 Earring Creations*	27 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	28 9:00 Errands* 11a-1p Legal Help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes
31 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing		LOCAL FOOD PANTRIES: ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971		 ALL EVENTS MARKED WITH * REQUIRE RSVP !! 293-7313

OCES NUTRITION PROGRAM

July 2017



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 **two days** before delivery-508-584-1561.

Suggested Donation-\$2.50/meal

Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Dog ❖ w/Beef Chili (420) Veg. Baked Beans (440) Broccoli (12) Ketchup (82) WW Hotdog Roll (210) 4th of July Cookie (203) MOD:SF ChocChip Ck (55) Calories: 854 Sodium: 1528mg Carb: 107g	No Meals Served 	5 Chicken a L'Orange (327) Lo Mein Noodles with Snap Peas&Carrots (98) Asian Veg. Blend (25) Wheat Bread (115) Fortune Cookie (5) Pineapple (1) Calories: 705 Sodium: 726mg Carb: 107g	6 WG Lasagna Rolls w/Meat Sauce (392) Italian Vegetable Blend (19) Garlic Roll (181) Parmesan Cheese (35) Fresh Nectarine (0) Calories: 639 Sodium: 782mg Carb: 79g	7 Salmon w/Newburg Sauce (153) Herbed Brown Rice (40) Brussel Sprouts (17) WW Dinner Roll (180) Banana (1) Calories: 751 Sodium: 545mg Carb: 99g
10 Tangerine Chicken (388) Garlic Mashed Potatoes (143) Chef's Choice Vegetable Blend (51) Corn Bread Loaf (211) Sliced Peaches (5) Calories: 778 Sodium: 953mg Carb: 117g	11 Egg Salad (170) Chickpea Salad (145) Purple Cabbage Slaw (56) Snowflake Roll (180) Double Choc Chip Ck (91) MOD:SF Lemon Ck (60) Calories: 796 Sodium: 794mg Carb: 89g	12 Potato Crunch Fish (270) Brown Wild Rice Blend (31) Spinach (110) Tartar Sauce (130) Oatmeal Bread (150) Tapioca Pudding (200) MOD: SF Oatmeal Ck (65) Calories: 763 Sodium: 1046mg Carb: 93g	13 Mediterranean Chicken * (726) Parslied Bowtie Pasta (4) Honey Glazed Carrots (79) Multigrain Bread (150) Fresh Apple (2) Calories: 701 Sodium: 1115mg Carb: 103g	14 Italian Pot Roast (191) Baked Potato (4) Diced Beets (173) Sour Cream (13) Italian Bread (380) Fresh Orange (0)  Calories: 676 Sodium: 917mg Carb: 87g
17 Chicken Parmesan* (722) Rotini Pasta (4) Broccoli w/Red Peppers (12) Parmesan Cheese (35) WW Dinner Roll (180) Honey Dew Melon (15) Calories: 764 Sodium: 1123mg Carb: 95g	18 Swedish Meatballs (237) w/Egg Noodles (4) Spring Summer Vegetable Blend (65) Multigrain Bread (150) Brownie (200) MOD:Waffle Snaps (65) Calories: 762 Sodium: 710mg Carb: 86g	19 Chef's Salad w/Turkey&Egg (458) Potato Salad (57) Summer Squash Salad (42) Italian Dressing (135) Pita Half (75) Raisins (4) Calories: 796 Sodium: 925mg Carb: 92g	20 Catch of the Day w/Mango Salsa (123) Brown Rice w/Orzo &Peas (89) Green Beans (3) Oatmeal Bread (150) Raspberry FilledCk (195) MOD:SF LemonCookie (60) Calories: 792 Sodium: 715mg Carb: 108g	21 Chicken Scallopini (351) Roasted Sweet Potato (41) Fiesta Vegetable Blend (15) Rye Bread (150) Banana (1) Calories: 700 Sodium: 712mg Carb: 94g
24 Meatloaf w/Gravy (254) Mashed Potatoes (135) California Vegetable Blend (30) Garlic Roll (181) Chocolate Cupcake (170) MOD:SF Chocolate Chip Cookie (55) Calories: 723 Sodium: 924mg Carb: 86g	25 Omelette w/Broccoli Provolone Cheese Sauce* (596) Home Fries (62) Peppers&Onions (2) Blueberry Loaf (170) Tropical Fruit Mix (8) Calories: 785 Sodium: 1013mg Carb: 102g	26 Spanish Chicken (461) Mexicali Rice (48) Broccoli (12) WW Dinner Roll (180) Lemon Pudding (200) MOD:Apple Cinnamon Waffle Snaps (65) Calories: 735 Sodium: 1056mg Carb: 96g	27 Pork Stir Fry w/  Sweet n'Sour Sauce (94) Lo Mein Noodles (61) Asian Vegetable Blend (25) Pumpnickel Bread (280) Cantaloupe Cubes (14) Calories: 704 Sodium: 629mg Carb: 80g	28 Italian Tuna Salad (255) Macaroni Salad (138) Tossed Garden Salad (133) Italian Dressing (135) Mini Kaiser Roll (200) Fresh Peach (0) Calories: 729 Sodium: 1016mg Carb: 82g
31 Stuffed Shells w/Meat Sauce (492) Ratatouille (116) Multigrain Bread (150) Parmesan Cheese (35) Fruited Oatmeal Bar (80) MOD:SF Oatmeal Ck (65) Calories: 686 Sodium: 1101mg Carb: 87g	Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milli- grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium			

*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

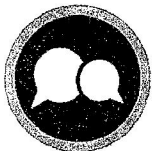
HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association







THE BRAINS BEHIND SAVING YOURS



AUGUST

2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Reminder! ALL EVENTS MARKED WITH * REQUIRE RSVP !! 293-7313	1 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie*	2 10am-noon Quilting 10:30 Wii games 11:00 Chair 12:00 Lunch*  National Coloring Book Day	3 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	4 9:00 Errands* & Love To Walk Group* (Webb Park) 10:00 Exercise 12:00 Lunch* 1:00 Office closes
7 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	8 9-11 Men's Coffee & SHINE* 12:00 Lunch* 11:30-2:30 PediRN 	9 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	10 8:30 Wellness Check 9:00 Men's Coffee 12:00 Lunch* 10:00 Oil Painting 12:30 Grocery Shopping* 1-3 Adult Coloring	11 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
14 9:00 Church & Shop/ Lunch Trip* (Hull) 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	15 9-11 Men's Coffee & SHINE* 12:00 Lunch* 1969—Woodstock's iconic music festival began	16 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 SUMMER COOK OUT* Town Hall Lawn 	17 GENERATIONS TRIP* TO Pickity Place (8:15a-5:30p) 8:30 Wellness Check 9-11 Men's Coffee Time 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring 1:00 Veteran's Chat	18 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  National ICE CREAM PIE DAY
21 22 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joys of Writing National Senior Citizens Day	22 9-11 Men's Coffee & SHINE* 12:00 Lunch* 1:00 Unique Lighthouses around the world with Ed Beaulieu*	23 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 12:30 Ice Cream Social*with Linda Felix (North River Homecare)	24 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	25 9:00 Errands* & Love To Walk Group* (Nantasket) 11a-1p Legal Help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes
28 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	29 9-11 Men's Coffee & SHINE* 12:00 Lunch*  Nationally Observed More Herbs, Less Salt Day	30 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	31 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	LINE DANCING EVERY TUESDAY: 3:00pm WEDNESDAY: 6:30pm @ All Season's Restaurant 