


Old Colony Elder Services - Menu

April, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pepper Steak Egg Noodles Carrot & Cauliflower Whole Wheat Bread Fruit Cocktail Calories: 750 Fat: 35% Sodium: 750mg Fiber: 10g	2 Hawaiian Chicken Vegetable Rice Broccoli Oatmeal Bread Apple Turnover MOD: Lorna Doones	3 Mac & Cheese Peas Stewed Tomatoes Rye Bread Applesauce	4 Salmon w/ Lemon Sauce Oven Browned Potato Green Beans Whole Wheat Roll Peaches	5 Meatloaf Mashed Potato Carrot Coins Multigrain Bread Pineapple Calories: 800 Fat: 27% Sodium: 860mg Fiber: 12g
8 Tortellini w/ Sauce Corn Spinach Pumpnickel Bread Pears Calories: 740 Fat: 20% Sodium: 900mg Fiber: 11g	9 Hot Dog on a Bun Potato Wedges Green & Wax Beans Ketchup & Mustard Lemon Pudding MOD: SF Pudding	10 Krunch Lite Fish Pea Soup ** Brussels Sprouts Garlic Dinner Roll Hot Cinnamon Apples	11 Salisbury Steak w/ Gravy Smashed Potatoes Peas & Carrots Rye Bread Fresh Apple	12 Chicken Picatta Sweet Potatoes Beets Whole Wheat Bread Fruit Snack 'n Loaf MOD: Lorna Doones Calories: 690 Fat: 23% Sodium: 730mg Fiber: 7g
15 Patriot's Day <i>No Meals Served</i> 	16 Fish Sticks Tartar Sauce Herbed Boiled Potato Peas & Onion Multigrain Bread Fruit Cocktail Calories: 750 Fat: 33% Sodium: 810mg Fiber: 10g	17 Chicken Cordon Bleu Potato Lyonnaise Green Beans Rye Bread Pineapple Cake MOD: LS Cake	18 Shepard's Pie Herbed Carrot Coins Whole Wheat Dinner Roll Chocolate Pudding MOD: SF Pudding	19 Roast Pork w/ Raisin Sauce Herbed Buttered Penne Mixed Vegetables Pumpnickel Bread Pineapple Calories: 760 Fat: 26% Sodium: 520mg Fiber: 8g
22 Meatball Sub Corn Broccoli Baked Potato Chips Corn Chowder § Chowder on 4/22 Congregate meal only Calories: 780 Fat: 40% Sodium: 1020mg Fiber: 11g	23 Chicken Marsala Mashed Sweet Potato Zucchini Oatmeal Bread Peaches	24 Stuffed Shells Cauliflower Green Bean Almondine Whole Grain Bread Butterscotch Pudding MOD: SF Pudding	25 Italian Braised Beef Egg Noodles Peas and Carrots Dinner Roll Fresh Orange	26 Pollock Newburg Potatoes O'Brien Spinach Rye Bread Orange-Cranberry Muffin MOD: Strawberry Gr'hams Calories: 700 Fat: 34% Sodium: 900mg Fiber: 6g
29 Chicken Teriyaki Brown Rice & Peas Oriental Vegetables Oatmeal Bread Vanilla Pudding MOD: SF Pudding Calories: 590 Fat: 21% Sodium: 800mg Fiber: 5g	30 Beef & Ziti Bake Green Beans Multigrain Bread Mandarin Oranges Calories: 680 Fat: 25% Sodium: 500mg Fiber: 11g	<p>Happy 39th Anniversary to OCES April 29th 2013.</p> 		<p>** Soup on 4/10</p> <p>will be served at home and congregate.</p> <p>Milk and margarine are served at every meal.</p> <p>❖ Indicates entrée has > 700 mg Sodium</p>

Menu is subject to change without notice

Suggested Donation - \$2.50 per meal.

THE PHARMACY OUTREACH PROGRAM...

Is a community service program of the Massachusetts College of Pharmacy & Health Sciences in Worcester, MA.. The staff includes pharmacists and case managers who assist residents throughout the state. Services include: a toll free MassMedLine, 1-866-633-1617, walk in services by appointment and web sit- www.massmedline.com.

If worried about the cost of your prescription medications, or what your medications are for and possible side effects, get help from The Pharmacy Outreach

ITS SO HOT AND DRY IN OKLAHOMA (OK)...the birds have to use potholders to pull the worms out of the ground...the trees are whistling for the dogs...the best parking place is determined by shade instead of distance...hot water come from both taps...you can make sun tea instantly...you learn that a seat belt buckle makes a pretty good branding iron...the temperature drops below 95 F (35 C) and you feel a little chilly...you discover that in July it only takes two fingers to steer the car...you discover you can get sunburned through your car window...you actually burn your hand opening the car door...you break into a sweat the instant you step outside at 7:30A.M....your biggest motorcycle wreck fear is , "What if I get knocked out and end up lying on the pavement and cook to death"?...you realize that asphalt has a liquid stage...the potatoes cook underground, so all you have to do is pull one out and add butter...the cows are giving evaporated milk...farmers are feeding their chickens crushed ice to keep them from laying boiled eggs...IT'S SO DRY IN OK that Baptists are starting to Baptize by sprinkling, The Methodists are using wet-wipes, Presbyterians are giving rain checks, And the Catholics are praying for the wine to turn back to water!

FOOD PANTIRES in TOWN:

Lady of the Lake Church— 2nd & last Saturday' every month from 9am—10:30am . Call with questions 293-7971.

Halifax Congregational Church (across from Pope's Tavern)- Tuesdays from 2:30—4:00pm. Call for information or any questions—781- 293-6393.

CALLING ALL BRIDGE & CRIBBAGE PLAYERS

Every Monday morning from 10am—noon. Looking for more people who enjoy playing! Bring a friend or two and join us for a fun filled morning! Many thanks to David Drew from Abington who travels to Halifax this day & loves to teach people the game of Bridge. Hope to see you soon,! Bring a friend or two and give it a try!

Nails by Julie— The first Tuesday of every month—April 2- Julie gives basic manicures & pedicures for a great price. Call anytime for information & to make an appointment.

Quote of Month

There is no reward equal to that of "Doing the Most Good" to the most people in the most need.

— Evangeline Booth

TRIAD NEWS

Election of Officers for the new year as follows:

Chairman: Ken Vinton

Vice Chairman: Carolyn Vinton

Secretary : Elaine Dolan

(Many thanks to the officers of 2012—Elaine Dolan, Lee Mulready and Joy Green) .

Next Meeting: ~~May 4th~~ ^{4/19}, 10am at the Halifax Police Station, 2nd Floor,

- Peg Fitzgerald (Town accountant for years and now serves on the Finance Committee), will be speaking on " Kilroy was here." Please feel free to come and listen to the true story and account of "Kilroy" spoken by a family member. You don't want to miss this old story which is a great part of the history of Halifax!
- All those who attend will be put in a drawing for a gift certificate to Wal-Mart! See you on May 7th, at 10am.

Thank You For Your Donations:

"Generations" (\$200), Halifax Mobile Home Park Association (\$200) and Halifax Beach association (\$50) for your generous donations! The COA will use this for special events & parties!

Mondays —1pm *Knitters, Crocheters & Crafters*

Are presently making blankets, baby sweaters & hats, etc. to help others in need throughout the greater community. If you would like to learn & help, please join them, and drop in! Thank you ladies for a great job with a smile!

DONATE BOOK BOX at POPES TAVERN SENIOR CENTER

LOCATED: Behind the COA **PLEASE BRING BOOKS!

DO's: Want hard & paperbacks, DVDs/CDs, audio books & text-books

DON'Ts: Do not want encyclopedias, catalogs, magazines, newspapers or damaged items

OUR VETERAN AGENT—MR. WIL COREY, we are thankful to you for visiting Veterans at the Council on Aging each month! Seniors and their family members can come and ask questions and receive information needed to help them. Thanks again Wil for your support every 3rd Wednesday of the month from 11am—noontime! Next visit—April 17.

Quilting with Carol — Every Wednesday from 10am—noon— Have you ever wanted to learn how to quilt!. Please stop by and give it a try. Let us know if you are interested. Ask a friend to join you.