

OCES NUTRITION PROGRAM

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

Suggested donation-\$2.50/meal

Menu subject to change without notice.

WW=whole wheat

WG=whole grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium	1 Vegetable Soup (330) Egg Salad (170) w/Lettuce&Tomato (2) Potato Salad (57) Three Bean Salad (34) Mini Kaiser Roll (200) Honey Dew Melon (15) Calories: 736 Sodium: 974mg Carb: 91.4g	2 Meatballs (261) w/Tomato Sauce (250) on WW Sub Roll (230) Sweet Potato Tater Tots (230) Fiesta Vegetable Blend (15) Banana (1) Calories: 713 Sodium: 883mg Carb: 97.7g	3 Beef Tips (52) w/Mushroom Gravy (109) Baked Potato (4) Green Beans (3) Sour Cream (13) Pumpkin Bread (280) Fruited Yogurt (75) Apple Juice (5) Calories: 727 Sodium: 590mg Carb: 81g	4 Chicken Teriyaki (437) Fried Brown Rice (4) Asian Vegetable Blend (25) Wheat Bread (115) DoubleChocChipCk (164) MOD: Waffle Snaps (65) Calories: 724 Sodium: 901mg Carb: 88.8g
7 Unstuffed Beef, Rice & Pepper Casserole (172) Spinach (110) Multigrain Bread (150) Hot Caramelized Apples (76) Calories: 731 Sodium: 693mg Carb: 75.2g	8 Chicken, Broccoli, & Ziti Alfredo (419) Spring Summer Vegetable Blend (65) Hot Cinnamon Peaches (64) Garlic Roll (181) Calories: 745 Sodium: 844mg Carb: 92.3g	9 Minestone Soup ♦ (330) Turkey Salad w/Lettuce (490) Pasta Salad Vinaigrette (8) Riviera Salad (81) Mini Kaiser Roll (200) Fresh Orange (0) Calories: 766 Sodium: 1264mg Carb: 103.3g	10 Roast Pork (56) w/Cranberry Glaze (40) Whipped Sweet Potato (31) California Vegetable blend (30) Pumpkin Cookie (139) MOD: SF Lemon Cookie (60) Calories: 862 Sodium: 631mg Carb: 101.7g	Veteran's Day No Meals Served HONORING ALL WHO SERVED VETERANS DAY
14 Swiss Cheese Omelette (296) Home Fries (62) Peppers&Onions (2) Fruit Loaf (170) Unsweetend Applesauce Cup (14) Calories: 736 Sodium: 652mg Carb: 97.9g	15 Chicken Scallopini (351) w/Rotini Pasta (4) Tuscany Vegetable Blend (47) Oatmeal Bread (150) Vanilla Cupcake (200) MOD: Waffle Snaps (65) Calories: 732 Sodium: 876mg Carb: 92.8g	16 Potato Crunch Fish (220) Brown Wild Rice Blend (35) Spring Summer Vegetable Blend (65) Multigrain Bread (150) Lemon Pudding (200) MOD:Lorna Doones (100) Calories: 718 Sodium: 824mg Carb: 104.3g	17 Italian Pot Roast (191) Roasted Sweet Potatoes (41) Diced Beets (173) Garlic Roll (181) Cantaloupe (14) Calories: 672 Sodium: 756mg Carb: 71g	18 WG Mini Ravioli w/ Butternut Squash Pesto (477) Broccoli (12) Parmesan Cheese (108) WW Dinner Roll (180) Hot Cinnamon Pears (64) Calories: 734 Sodium: 1066mg Carb: 104.1g
21 Greek Chicken (489) Orzo w/Brown Rice and Red Peppers (22) Fiesta Vegetable Blend (15) Multigrain Bread (150) Fresh Pear (2) Calories: 686 Sodium: 832mg Carb: 98g	22 Macaroni & Cheese* (616) Hot Chickpea Salad (145) Zucchini&Tomatoes (56) Oatmeal Bread (150) Honey Dew (15) Calories: 708 Sodium: 1137mg Carb: 99.4g	23 Turkey w/Gravy* ♦ (674) Stuffing Garnish (83) Mashed Potatoes (135) Roman Veg.Blend (32) Cranberry Sauce (4) Wheat Bread (115) Raspberry Cookie (305) MOD:SF Choc Chip Cookie (55) Calories: 932 Sodium: 1465mg Carb: 119g	Happy Thanksgiving No Meals Served Give Thanks	25 Meatloaf (330) w/Gravy (14) Baked Potato (14) Sour Cream (13) Chuck Wagon Vegetable Blend (2) Corn Bread (211) Banana (1) Calories: 815 Sodium: 729mg Carb: 93.7g
28 Shepherd's Pie (294) Broccoli (12) Italian Bread (380) Hot Cinnamon Peaches (64) Calories: 727 Sodium: 723mg Carb: 77.9g	29 Catch of the Day (~100) w/Newburg Sauce (99) Tater Tots (341) Spring Summer Vegetable Blend (65) Multigrain Bread (150) Butterscotch Pudding (200) MOD: SF Lemon Cookie (60) Calories: 694 Sodium: 1153mg Carb: 83.3g	30 WG Stuffed Shells (390) w/Meat Sauce (102) Chef's Choice Vegetable Blend (30) Parmesan Cheese (108) Wheat Bread (115) Hot Caramelized Apples (76) Calories: 700 Sodium: 975mg Carb: 85.6g	 November	

*Indicates food item with >500mg sodium ♦=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)
If you desire to reduce carbohydrates or sodium in your meal, consider saving items such as bread, milk, or dessert for a snack or have them with another meal.



Hello from the Director. . .

The month of November is sometimes a gentle reminder to take a moment and appreciate all that we have. I am wishing everyone a wonderful "Thanksgiving" Day and hope your home is filled with many blessings. The Council on Aging is grateful to all our participating seniors for your enthusiasm and support! A big thank you to all the COA Board members and special "good-bye's" and gratefulness to Joy Marble (Chairman/Member for 5 years) and Sharon Hartz for over 4 years of service, who have moved on and volunteering in other capacities.

An update on the Municipal School & Building committee renovation project continues to go well. The final plans for renovation of Pope's Tavern Senior Center are coming soon. Please stay in touch, come and visit us for a special program, lunch, SHINE, Joy of writing, coloring, exercise or something that tickles your fancy!

Hope to see you soon,
Barbara



Here's a SPECIAL opportunity to visit Silver Lake High School Lighthouse Café for lunch on Friday, Nov. 18th 11:30-12:30....Reserve a seat on the van, and enjoy being around young people! Lunch prices average approximately \$4.00-6.00

Amazing Statistics....1 in 4 older adults reported a fall and the percentages increase with every added age. On Sept. 26th, a group left Halifax and traveled to the Mass. State House to learn more about the risks and prevention of falls among the elderly.



COAs are the community focal point for social and support services to 540,000 elders, families and caregivers in 349 cities and towns in our state. COAs conduct and oversee more than 100 programs from information and referral, outreach, transportation, meals, health screening & insurance information, fitness, recreation, computer access, education/ life long learning, and many others supports.

Source: Executive Office of Elder Affairs

KEEP MOVING *all year long* at these places of opportunity:



- ♥ LINE DANCING
- ♥ CHAIR YOGA
- ♥ FRIDAY MORNING EXERCISE
- ♥ WALK ACROSS AMERICA
- ♥ Wii GAMES
- ♥ TAI CHI

DID YOU KNOW? There is an abundance of information and research that indicates Tai Chi is one of the most effective exercises to prevent falls! Practiced on a regular basis, Tai Chi improves balance and decreases the incidence of falling. Treatment for injuries due to falls is the most expensive health cost. The U.S. Center for Disease Control and Prevention recommends Tai Chi for arthritis and the emphasis it places on fall prevention. Give us a call to attend our local Tai Chi class with Reggie.



HOUSE FIRES can be reduced if you check:

Smoke alarms, have an escape plan, cooking/ stovetop errors, electrical or heating malfunction or need for updating, candles (extinguish before going to bed!), and clothes dryers (clean out the lint filter *often!*).

MEMBERSHIP for GENERATIONS

Supporting Halifax Council on Aging (September 2016—August 2017)

NAME: _____ Phone: _____

Address: _____

Dues: \$5.00-p/p _____ Cash or Checks made payable to "Generations"

I would like to do more, and include an additional contribution of _____ in memory of _____

Total enclosed: _____ Send to: Joy Marble, 248 Wood St., Halifax Questions? 617-799-8602