



DECEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Do you need a ride to any events that are on our calendar? Please call our office and we can plan a pick up and drop off so that you can attend! 	 LINE DANCING EVERY TUESDAY: 3:00pm & WEDNESDAY: 6:30pm @ All Season's	 ALL EVENTS MARKED WITH * REQUIRE A RESERVATION! 293-7313	1 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes	
4 9:00 Church 10:00 Cribbage/Cards/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	5 9-11 Men's Coffee & SHINE* 10:00 TRIAD Party & Elections 12:00 Lunch* 12:30 Nails by Julie*	6 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* St. Nicholas Day 	7 9:00 Men's Coffee 9-11 Networking 10:00 ART 12:00 Christmas Party* & Singing Trooper* 12:30 Grocery Shopping* 1-3 Adult Coloring	8  9:00 Errands* 9-12:30 PediRN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SATURDAY (12/9) Holidays in Halifax/ 4-8pm SUNDAY (12/10) Generations TRIP
11 9:00 Church 10:00 Cribbage/Cards/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	12 9-10 BEST Breakfast 9-11 SHINE* 12:00 Lunch* & SHINE* 12:30-2:30pm PediRN* 	13 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 Lunch* 12:30 My Life My Health	14 8:30 Wellness Check 9-11 Men's Coffee Time 10:00 ART 12:00 SPECIAL Lunch* 12:30 Grocery Shopping* 1:00 Veteran's Chat 1-3 Adult coloring	15 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  National Lemon Cupcake Day
18 9:00 Church/ Shop & Lunch Trip* (Pembroke Places!) 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 PIZZA Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	19 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch* 1:00 Generations Raffle & dessert	20 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	21 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring Shortest Day of the Year	22 9:00 Errands* 11-11:45a Legal Help with Atty. Rawlins* Noon-Office closes
 OFFICE CLOSED	26 9-11 Men's Coffee & SHINE* 12:00 Lunch* Boxing Day in the UK	27 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* Birthday of: Louis Pasteur (1822-1895) Marlene Dietrich (1901-1992)	28 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART 12:00 12:30 Grocery Shopping* 1-3 Adult Coloring	29 9:00 Errands* Noon-Office closes

OCES NUTRITION PROGRAM
December 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
			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	1 Roast Pork w/ Apple-Sherry Glaze (143) Roasted Sweet Potato (41) Green Beans (3) Twisted Cheesy Breadstick (230) Fresh Apple (2) Calories:928 Sodium:573mg Carb: 94g
4 Minestrone Soup (330) Chicken Cacciatore (343) Bowtie Pasta (4) California Vegetable Blend (30) Oatmeal Bread (150) DoubleChocChipCk (91) MOD: Lorna Doones (100) Calories: 809 Sodium:1101mg Carb: 105g	5 Hot Dog w/ Beef Chili (420) Vegetarian Baked Beans (140) Scandinavian Veg Bld (41) Ketchup(82)/Mustard(55) WW Hot Dog Roll (210) Fresh Orange (0) Calories: 707 Sodium:1102mg Carb: 87g	6 Chef Salad w/Turkey, Cheddar Cheese,&Egg (405) Potato Salad (57) Summer Squash Salad (42) Italian Dressing (130) Snowflake Roll (180) Raisins (4) Calories:827 Sodium:831mg Carb: 93g	7 Beef Burgundy (100) Seasoned Buttered Egg Noodles (38) Broccoli (9) WW Dinner Roll (180) Banana (1) Calories:691 Sodium:483mg Carb: 91g	8 Catch of the Day w/Lemon Dill Sce (~119) Potato Wedges (261) Riviera Vegetable Blend (5) Wheat Bread (115) Fruit Crunch Bar (80) MOD:Lemon Grhms (65) Calories:769 Sodium:732mg Carb: 95g
11 Ravioli w/Meat Sauce (130) Italian Vegetable Blend (19) Parmesan Cheese (35) Garlic Roll (181) Hot Cinnamon Peaches (64) Calories: 734 Sodium:686mg Carb: 97g	12 Tomato Soup (375) Chicken a l'orange (327) Rice w/Orzo & Peas (78) Fiesta Vegetable Blend (15) Multigrain Bread (150) Fresh Orange (0) Calories:744 Sodium:1092mg Carb: 104g	13 Swedish Meatballs w/Gravy (237) Egg Noodles (4) Roman Veg. Blend (12) WW Dinner Roll 180 Lemon Pudding (200) MOD:SF Lemon Ck (95) Calories:747 Sodium:788mg Carb: 93g	14 Salmon w/ with Mango Salsa (93) Spring Summer Vegetable Blend (65) Whipped Sweet Potato (33) Multigrain Bread (150) Vanilla Cupcake (170) MOD:SFOatmeal Ck (65) Calories:735 Sodium:665mg Carb: 98g	15 Cheddar Frittata w/ Spinach&Mushrooms (334) Red Bliss Potatoes (6) Peppers&Onions (2) Fruit Loaf (102) Fruited Yogurt (75) Orange Juice (0) NO MILK SERVED Calories: 858 Sodium:741mg Carb: 110g
18 Macaroni&Cheese* (553) Broccoli (12) Oatmeal Bread (150) Hot Cinnamon Apples (118g) Calories:856 Sodium:934mg Carb: 119g	19 Unstuffed Beef, Rice, & Pepper Casserole (229) Carrots (43) Pumpnickel Bread (280) Hot Caramelized Pears (75) Calories:734 Sodium:781mg Carb: 83g	20 Chicken, Broccoli, & Penne Alfredo* (669) California Veg.Blend (30) Wheat Bread (115) Brownie (100) MOD:SF ChocChipCk (35) Calories: 687 Sodium:1068mg Carb: 86g	21WG Lasagna Rolls w/Meat Sauce (392) Roman Vegetable Blend (12) Parmesan Cheese (35) Italian Bread (380) Banana (1) Calories:685 Sodium:975mg Carb: 100g	22 Baked Ham w/ Pineapple Glaze*❖ (969) Whipped Sweet Potatoes (33) Peas w/Pearl Onions (68) WW Dinner Roll (180) Raspberry Filled Ck (195) MOD:SF Lemon Ck (60) Calories:738 Sodium: 1455mg Carb: 108g
25 Sites Closed No Meals Served 	26 Chicken Parmesan* (722) Parslied Penne Pasta (4) Tuscany Vegetable Blend (47) Parmesan Cheese (35) Wheat Bread (115) Fresh Apple (2) Calories: 755 Sodium:1152mg Carb: 98g	27 Potato Crunch Fish (270) Brown Wild Rice Blend (40) Zucchini&Tomatoes (56) Tartar Sauce (130) Oatmeal Bread (150) Fresh Pear (2) Calories:740 Sodium: 802mg Carb: 98g	26 Omelette w/ Cheddar Cheese❖ (424) Tater Tots (341) Spinach w/Red Peppers (106) Corn Bread (211) Fresh Orange (0) Calories:859 Sodium:1236mg Carb: 87g	29 Beef Tips with Sherry-Thyme Gravy (125) Garlic Mashed Potatoe: (143) Brussel Sprouts (17) Rye Bread (150) Fig Bar (200) MOD:Lorna Doones (100) Calories:878 Sodium:790mg Carb: 102g

"Catch of the Day"=fish type will vary each month

*Indicates food item w/>500mg sodium

❖=high sodium meal