







JULY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Shop & Lunch Trip* 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	3 9:30 Trip to Brockton Court* 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie*	4 On This Day, in 1776, the Declaration of Independence was approved and we'll celebrate our two hundred and forty second year of The United States of America! OFFICE CLOSED	5 9:00 Men's Coffee 10:00 ART class 12:00 Special Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	6 9:00 Errands* 9a-11:30a Pedicare RN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
9 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing Due date for yard sale (7/14) table reservation	10 9 & SHINE* 12:00 Lunch* 12:30-2:30p Pedicare RN* Pick Blueberries Day 	11 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga, 12:00 Lunch* 12:30* Special presentation on health and housing issues by Nadine	12 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	13 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 14—Saturday GENERATIONS Yard Sale, 9a-2p @ Town Hall Rain date: 7/20
16 9-2pm Love To Walk group to Castle Island* 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	17 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch* 2:30 Ice Cream Social* @HMHP followed by entertainment	18 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga, Vet Agent here 12:00 Lunch* My Life My Health postponed until Sept.	19 8:30-11:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring	20 9:00 Errands* 10:00 Exercise 11a-1p Atty. Rawlins* 12:00 Lunch* 1:00 Office closes
23 10:00 Cards/Cribbage/Computer (last class 'til 9/10) 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	24 9-11 Men's Coffee & SHINE* 12:00 Lunch* Amelia Earhart Day 	25 10a-noon Quilting 9:30-11a Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Lunch*	26 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	27 9:00 Errands* 12:00 Lunch* 1:00 Office closes 1922 Norman Lear's Birthday 
30 10:00 Cards/Cribbage 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing Computer help returns 9/10	31 9-11 Men's Coffee & SHINE* 12:00 Lunch*	 LINE DANCING EVERY TUESDAY: 2:30-4pm WEDNESDAY: 6:30-8:30pm @ Happy Dragon Restaurant	FOOD PANTRYS: •Congregational Church -Tues. 2:30-4pm 781-293-6393 <i>or...</i> Our Lady of the Lake Church, 2nd and 4th Sat., 9-10:30am 781-293-7971	All events marked with an asterisk requires a reservation. * Call our office! 781-293-7313

OCES NUTRITION PROGRAM
July 2018



Old Colony Elder Services
Providing services to the community since 1974

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

Community Dining Menu

Suggested Donation-\$2.50/meal

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Meatballs w/Marinara Sauce (301) Penne Pasta (4) Tuscany Vegetable Blend (47) Parmesan Cheese (35) Multigrain Bread (150) Fresh Nectarine (0) Calories: 730 Sodium: 921mg Carb: 99g	3 Hot Dog w/ Beef Chili (360) Macaroni & Cheese (60) Broccoli (123) Ketchup (82)/Mustard(55) WW Hotdog Roll (210) Watermelon (2) Calories: 651 Sodium: 1058mg Carb: 76g	4 Holiday No Meals Served 4TH OF JULY INDEPENDENCE DAY Calories: 716 Sodium: 1007mg Carb: 92g	5 Beef Stew (143) Roasted Sweet Potatoes (41) Green Beans (3) Oatmeal Bread (150) Honey Dew Melon (15) Calories: 725 Sodium: 507mg Carb: 82g	6 Chicken Bruschetta (320) Herbed Brown Rice (14) Peas (58) WW Dinner Roll (180) Chocolate Pudding (200) MOD:SF Chocolate Chip Cookie (55) Calories: 796 Sodium: 734mg Carb: 100g
9 Unstuffed Beef, Rice & Pepper Casserole (229) Carrots (43) Multigrain Bread (150) Hot Caramelized Pears (75) Calories: 714 Sodium: 651mg Carb: 78g	10 Chicken Scallopini (351) Parslied Rotini Pasta (4) Jardiniere Vegetable Blend (32) Cracked Wheat Bread (150) Brownie (100) MOD:SFOatmealCk (65) Calories: 700 Sodium: 791mg Carb: 89g	11 BBQ Pork Patty (280) Mashed Potatoes (135) Brussel Sprouts (17) WW Hamburger Roll (250) Vanilla Cupcake (170) MOD: Apple Cinnamon Bear Grahams (85) Calories: 716 Sodium: 1007mg Carb: 92g	12 Vegetable Soup** (293) Tuna Salad on Lettuce Bed (120) Pasta Salad Vinaigrette (8) Spinach Salad with Mandarin Oranges (67) Mini Kaiser Roll (200) Mixed Fruit (10) Calories: 773 Sodium: 851mg Carb: 99g	13 Italian Pot Roast (191) Baked Potato Half (4) Chef's Choice Vegetable Blend (51) Sour Cream (13) Garlic Roll (181) Pineapple (1) Calories: 715 Sodium: 597mg Carb: 86g
16 Greek Chicken* (616) Parslied Bowtie Pasta (4) Fiesta Vegetable Blend (15) Oatmeal Bread (150) Fig Bar (35) MOD:SF LemonCk (60) Calories: 835 Sodium: 973mg Carb: 112g	17 WG Alaskan Pollock (190) Brown Rice & Vegetable Pilaf (95) Zucchini (2) Tartar Sauce (130) Multigrain Bread (150) Fresh Apple (2) Calories: 734 Sodium: 723mg Carb: 100g	18 American Chop Suey (275) Broccoli (12) Parmesan Cheese (35) Cracked Wheat Bread (150) Butterscotch Pudding (200) Calories: 784 Sodium: 827mg Carb: 93g	19 Roast Pork w/Apple Glaze (59) Whipped Sweet Potatoes (62) Jardiniere Vegetable Blend (32) Rye Bread (150) Cantaloupe (14) Calories: 780 Sodium: 471mg Carb: 104g	20 Chicken Salad on Lettuce Bed (453) Tricolor Pasta Salad (52) Summer Corn Salad (146) Pita Half (3) Fresh Orange (0) Calories: 756 Sodium: 809mg Carb: 100g
23 Macaroni&Cheese (366) Roman Vegetable Blend (12) Oatmeal Bread (150) Hot Caramelized Peaches (75) Calories: 751 Sodium: 757mg Carb: 122g	24 WG Lasagna Rolls w/Meat Sauce (392) Italian Vegetable Blend (19) Parmesan Cheese (35) WW Dinner Roll (180) Hot Cinnamon Apples (64) Calories: 715 Sodium: 845mg Carb: 81g	25 Spanish Chicken (461) Herbed Brown Rice (40) Green Beans (2) Multigrain Bread (150) Double Chocolate Chip Cookie (91) MOD:SFChocChipCk (55) Calories: 700 Sodium: 897mg Carb: 88g	26 Turkey Salad on Lettuce Bed (490) German Potato Salad (73) Riviera Salad (81) Mini Kaiser Roll (200) Fruit Crunch Bar (80) MOD: Apple Cinnamon Bear Grahams (85) Calories: 832 Sodium: 1079mg Carb: 102g	27 Minestrone Soup** (330) Salmon with Dill Sauce (86) Lemon Orzo w/Vegetables (2) Peas & Carrots (75) WW Dinner Roll (180) Fresh Pear (2) Calories: 792 Sodium: 836mg Carb: 113g
30 Sloppy Joe (333) Italian Roasted Potatoes (6) Broccoli (2) WW Hamburger Roll (230) Fresh Apple (2) Calories: 800 Sodium: 738 mg Carb: 101g	31 No Milk Served Swiss Cheese Omelette (386) Home Fries (62) Peppers & Onions (2) Ketchup (82) Fruit Loaf (170) Fruited Yogurt (75) Orange Juice (0) Calories: 743 Sodium: 687 Carb: 110g	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		


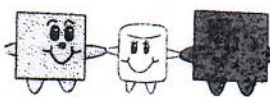


**community dining only unless available for home delivered meals

♦high sodium meal day

*food item with >500mg/sodium

AUGUST 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 All events marked with an asterisk require a reservation. Call our office!	FOOD PANTRYS: •Congregational Church -Tues. 2:30-4pm 781-293-6393 or...Our Lady of the Lake Church, 2nd and 4th Sat. 9-10:30am 781-293-7971	1 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch* <i>Sept. newsletters submissions due on 9/3</i>	2 9:00 Men's Coffee 10:00 ART class 10:30 On Stage performance @ Cong.Ch 12:00 Special Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	3 9:00 Errands* 9a-1p Pedicare RN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
6 9:30-2 Shop & Lunch Trip* 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	7 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12-2:30 Pedicare RN* 12:30 Nails by Julie*	8 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch*	9 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	10 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes National S'Mores Day 
13 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	14 9-11 Men's Coffee & SHINE* 12:00 Lunch* 2:00 Kindness Rocks* Get your tickets for the 8/22 Hawaiian Cook Out!	15 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga, Vet Agent here 12:00 Lunch* My Life My Health postponed until Sept.	16 8:30-11:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring	17 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 1892 Mae West's Birthday  18 SATURDAY 11a-3p Show Your Dog Day @ Town Hall
20 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	21 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. @ Water Dept. 12:00 Lunch*	22 10a-noon Quilting 9:30-11a Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Special Hawaiian Cook Out* @ Town Hall	23 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	24 9:00 Errands* 12:00 Lunch* 1:00 Office closes 79 A.D. Mt. Vesuvius Erupts 
27 9:30-2 Love To Walk* 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	28 9-11 Men's Coffee & SHINE* 12:00 Lunch*	29 10a-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch*	30 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	31 9:00 Errands* 12:00 Lunch* 1:00 Office closes

MEALS ON WHEELS MENU FOR AUGUST 2018 WILL BE AVAILABLE IN
OUR OFFICE BY JULY 28TH.

ALSO, COPIES OF THE AUGUST MENU SELECTIONS WILL BE
INCLUDED IN YOUR JULY DELIVERIES



Stay cool - Do not try to exercise or do a lot of activities (including household chores) when it is very hot and/or humid. Try to keep your home as cool as possible by closing window blinds, shades or curtains during the hottest time of day, and using an air-conditioner. If you do not have an air-conditioner, go somewhere that is air-conditioned. Read a book or magazine at the library, walk around in indoor malls, watch a movie at the theater, or meet your friends at the senior center.

Protect your eyes - Vision loss can be common among older adults, and too much exposure to the sun can irritate eyes and cause further damage. Wear UV-blocking sunglasses to protect your eyes from harmful ultraviolet (UV) rays and to help preserve your vision. **Use sunscreen and wear a hat** - Everyone, young and old, should wear sunscreen with a sun protection factor (SPF) of 15 or higher when outdoors to protect against sunburn and reduce the risk of skin cancer. A wide-brimmed hat can also help protect your skin from the sun. **Outdoor activities** - If you enjoy the outdoors, wear loose, light-colored clothing. Consider getting outdoors earlier in the morning or later in the evening when the sun is not at its peak. Too much sun or heat can cause heat-related illnesses such as: heat cramps, which is painful tightening of muscles in your stomach, arms or legs; and heat exhaustion where you feel dizzy, nauseated, weak and thirsty and may sweat a lot or have a rapid pulse rate. If you experience any of these signs, find a cool place, rest and drink water. Contact your doctor if you do not feel better soon. Heat stroke is a medical emergency. Signs of heat stroke include fainting, confusion, agitation, dry flushed skin, not sweating, changes in pulse to strong and rapid or slow and weak, and a rise in body temperature (to more than 104 degrees Fahrenheit). Seek immediate medical attention. If you live alone, have a friend or relative call to check on you during a heat wave. A heat wave is a period of excessively hot weather, which may be accompanied by high humidity. The summer is a wonderful time of the year. Be prepared, take proper precautions, and enjoy the season with your family and friends.

Taken from Old Colony Elder Services, Brockton