

Thankful **NOVEMBER** **2018** *Thankful*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 All events marked with an asterisk requires a reservation. Call our office! 781-293-7313	 Line Dancing Every Tuesday: 2:30-4pm & Wednesday: 6:30-8:30pm @ Happy Dragon Restaurant	FOOD PANTRIES: First Congregational Church -Tues. 2:30-4pm 781-293-6393 <u>or...</u> Our Lady of the Lake Church, 2nd and 4th Sat. 9-10:30am 781-293-7971	1 8:30 WELLNESS check 9:00 Men's Coffee 9-11 Networking Group 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring	2 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes 4-SUNDAY Fall back! 
5 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	6 10 TRIAD @ Police Dept. 9-11 SHINE* 	7 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Veteran's Lunch* 12:30 Nails by Julie*	8 8:30-11a WELLNESS check 9:00 Men's Coffee 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring 	9 9:30 Errands* 11:00 Rx Advantage* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes Hedy Lamarr's Birthday 1913-2000 
12 9:30 Love To Walk* 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	13 9-10 BEST BREAKFAST 9-11 SHINE* CAREGIVER APPRECIATION DAY 	14 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga, Vet Agent 12:00 Potluck Lunch* 12:30 MLMH* Claude Monet's Birthday 	15 8:30-11a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring & Crafts with Kathleen*	16 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office closes National Have A Party with your Bear Day 
19 10a-3pm SHOP & LUNCH TRIP* 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	20 9-11 Men's Coffee & SHINE* 10:00 Board Mtg. Dick Smother's Birthday 1939 	21 9:30-11a Wii games 10-noon Quilting 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Potluck Lunch*	22 OFFICE CLOSED 	23 9:00 Help Decorate the Senior Center!* 9:30 Errands* 12:00 Lunch served* 1:00 Office closes
26 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Pizza & Salad Lunch* 1-3 Crochet/Knitting 2:00 Joys of Writing	27 9-11 Men's Coffee & SHINE* Make Turkey Tetrazzini Day 	28 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch*	29 8:30-11a WELLNESS 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring	30 8:30 Podiatry* 9:30 Errands 11a-1p Att. Rawlins* 12:00 Birthday Lunch served* (see note) 1:00 Office closes

OCES NUTRITION PROGRAM

November 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
November		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 Eggplant Parmesan* (585) Parslied Penne (1) Pasta (17) Cauliflower (115) Wheat Bread (0) Fresh Orange (0) Calories:739 Sodium:972mg Carb: 96g	2 Roast Pork with Cranberry Glaze (96) Garlic Mashed Potatoes (143) Brussel Sprouts (17) WW Dinner Roll (180) Fruit Mix (10) Calories:743 Sodium:584mg Carb: 88g
5 Vegetable Soup** (293) Swedish Chicken Meatballs (245) Parslied Egg Noodles (4) Garden Veg. Blend (2) Rye Bread (150) Hot Caramelized Apples (64) Calories:823 Sodium:895mg Carb: 100g	6 Baked Pollock with Lemon Dill Sauce (235) Brown Rice & Vegetable Pilaf (95) Butternut Squash w/Apples (4) WW Dinner Roll (180) Banana (1) Calories:721 Sodium:653mg Carb: 104g	7 Shepherd's Pie (175) Mixed Vegetable Medley (25) Cracked Wheat Bread (150) Vanilla Pudding (220) MOD:SF Oatmeal Ck (65) Calories:704 Sodium:707mg Carb: 82g	8 Chicken Paprikash (422) Parslied Bowtie Pasta (1) Fiesta Vegetable Blend (15) Multigrain Bread (195) Raspberry Filled Ck (50) MOD:Vanilla Bites (50) Calories:843 Sodium:920mg Carb: 114g	9 Hot Dog (360) Vegetarian Baked Beans (140) Spring Summer Vegetable Blend (65) Ketchup (82) Mustard (55) WW Hotdog Roll (210) Fresh Apple (2) Calories:672 Sodium:1051mg Carb: 92g
12 Sites Closed Veterans Day 	13 Chicken Cacciatore (408) Served Over Rotini Pasta (1) Green Beans (3) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories:726 Sodium: 805mg Carb: 98g	14 Roast Turkey (612) w/Gravy & Stuffing* (133) Mashed Potatoes (135) Broccoli (12) Cranberry Sauce (4) Corn Loaf (211) Holiday Cupcake (170) MOD:Lorna Doones (100) Calories:872 Sodium:1415mg Carb: 108g	15 Homemade Beef Stew (143) Roasted Red Bliss Potatoes (6) Spinach (110) Cracked Wheat Bread (150) Hot Cinnamon Pears (64) Calories:733 Sodium:610mg Carb: 89g	16 Potato Crunch Fish (270) Herbed Brown Rice (14) Zucchini & Tomatoes (56) Tartar Sauce (130) Oatmeal Bread (150) Mandarin Oranges (7) Calories:704 Sodium:765mg Carb: 88g
19 Chicken Cordon Bleu* (516) Herbed Brown Rice (14) Italian Vegetable Blend (19) WW Dinner Roll (180) Fresh Pear (2) Calories:721 Sodium:368mg Carb: 98g	20 Macaroni & Cheese (366) Tuscany Vegetable Blend (47) Rye Bread (150) Hot Cinnamon Apples (64) Calories:734 Sodium:764mg Carb: 118g	21 Salmon Strips (176) w/Mango Salsa (31) Whipped Sweet Potatoes (17) Cauliflower (150) Multigrain Bread (164) DoubleChocChipCk (60) MOD:LemonBlBites (60) Calories:708 Sodium:675mg Carb: 95g	22 Sites Closed Thanksgiving 	23 WG Lasagna Rolls w/Meat Sauce (363) Broccoli (12) Parmesan Cheese (35) Garlic Roll (181) Banana (1) Calories:668 Sodium:730mg Carb: 90g
26 Swiss Cheese Omelette (296) Home Fries (62) Peppers & Onions (2) Fruit Loaf (170) Strw Fruit Slush (0) MOD:Strw Grahams (95) Calories:811 Sodium:668mg Carb: 108g	27 Sloppy Joe (333) Italian Roasted Potatoes (6) Carrots (67) WWHamburger Roll (230) Applesauce Cup (13) Calories:762 Sodium:787mg Carb: 93g	28 Chicken Scallopini (351) Brown Rice w/Orzo (56) Chef's Choice Vegetable Mix (51) WW Dinner Roll (180) Fruit Mix (10) Calories:681 Sodium:786mg Carb: 91g	29 Minestrone Soup** (330) Sweet n'Sour Pork (94) Lo Mein Noodles (50) Asian Vegetable Blend (25) Oatmeal Bread (150) Chocolate Pudding (190) MOD:SFChocChCk (55) Calories:852 Sodium:977mg Carb: 102g	30 Chicken Meatballs with Sauce (275) Spiral Pasta (1) California Vegetable Blend (30) Wheat Bread (115) Lemon Square (105) MOD:SF LemonCk (60) Calories:713 Sodium:698mg Carb: 87g

**community dining only unless available for home delivered meals

✦high sodium meal day

*food item with >500mg/sodium