

OCES NUTRITION PROGRAM

December 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.





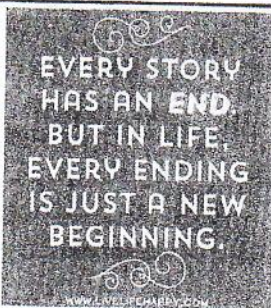

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3WG Alaskan Pollock (190) Whipped Sweet Potatoes (31) Broccoli (12) Tartar Sauce (130) Multigrain Bread (150) Choc.OatmealBar (75) MOD:Lorna Doones (100) Calories:717 Sodium:726mg Carb: 99g	4 Spanish Chicken (404) Served Over Brown Rice w/Orzo & Peas (78) Spinach (110) WW Dinner Roll (180) Hot Caramelized Apples (76) Calories:704 Sodium:932mg Carb: 90g	5 Shredded Beef with Valdostano Sauce* (543) Baked Potato Half (4) Fiesta Vegetable Blend (15) Sour Cream (13) Garlic Roll (240) Banana (1) Calories:725 Sodium:874mg Carb: 99g	6 WG Vegetable Lasagna Roll w/Tomato Sce (435) Cauliflower (17) Rye Bread (150) Parmesan Cheese (35) Fig Bar (35) MOD:Cinnamon Bites (71) Calories: 712 Sodium: 809mg Carb: 100g	7 Italian Pot Roast (191) Cheese Filled Gnocchi* (678) Green Beans (3) Wheat Bread (115) Fruit Mix (10) Calories:655 Sodium:1133mg Carb: 77g
10 Chicken Parmesan* Served Over (722) Penne Pasta (1) Zucchini (2) Blend (32) Wheat Bread (115) Fresh Apple (2) Calories:703 Sodium: 979mg Carb: 94g	11 Vegetable Soup** (293) Shepherd's Pie (175) Carrots (67) Oatmeal Bread (150) Fresh Orange (0) Calories: 724 Sodium: 822mg Carb: 84g	12Swedish Chicken Meatballs Served Over (245) Parslied Egg Noodles (4) Spring Summer Vegetable Blend (65) Cracked Wheat Bread (150) Lemon Pudding (180) MOD:Lemon Grhms (95) Calories:734 Sodium:781mg Carb: 98g	13 Roast Pork with Apple Glaze (59) Butternut Squash Brussel Sprouts (17) Multigrain Bread (150) Fresh Pear (2) Calories:691 Sodium:367mg Carb: 89g	14 Salmon Strips w/Teriyaki Sauce (304) Fried Brown Rice (4) Peppers & Onions (2) Oatmeal Bread (150) Pumpkin Craisin Cookie w/White Choc.Chips (140) MOD:Vanilla Bites (50) Calories:712 Sodium:738mg Carb: 98g
17 Chicken Marsala (259) Spiral Pasta (1) Fiesta Vegetable Blend (15) Cracked Wheat Bread (150) DoubleChocChipCk (164) MOD:Lorna Doones (100) Calories:791 Sodium:926mg Carb: 104g	18 Omelette with Provolone Cheese (400) O'Brien Potatoes (31) Broccoli (6) SF Syrup (30) French Toast Sticks (300) Fruit Yogurt (75) Orange Juice (0) Calories:736 Sodium:879mg Carb: 89g	19 Baked Pollock with Newburg Sauce (366) Macaroni & Cheese (146) Scandinavian Vegetable Blend (41) WW Dinner Roll (180) Strawberry Fruit Slush (0) MOD:StrwGrahams (95) Calories:651 Sodium:870mg Carb: 98g	20Minestrone Soup** (330) Beef, Rice, and Pepper Casserole (63) Chef's Choice Vegetable Blend (51) Garlic Roll (240) Hot Caramelized Peaches (75) Calories:851 Sodium:897mg Carb: 105g	21 Chicken Cordon Bleu* (689) Whipped Sweet Potatoes (31) Green Beans (3) Oatmeal Bread (150) Raspberry Filled Ck (195) MOD:LemonBlueBites (60) Calories:778 Sodium:1180mg Carb: 103g
24 Stuffed Shells with Meat Sauce (463) Italian Vegetable Blend (19) Parmesan Cheese (35) Garlic Roll (240) Fresh Pear (2) Calories:694 Sodium:896mg Carb: 97g	25 Sites Closed Christmas 	26 Chicken with Scarpello Sauce (387) Butternut Squash Raviol in a Brown Sugar & Sage Sauce (295) California Veg.Blend (30) Oatmeal Bread (150) Fresh Apple (2) Calories:801 Sodium:965mg Carb: 107g	27PotatoCrunchFish (270) Sweet Potato Wedges (267) Jardiniere Vegetable Blend (32) Lemon Wedge Wheat Bread (115) Fruited Crunch Bar (80) MOD:Cinnamon Bites (71) Calories:968 Sodium:901mg Carb: 122g	28 Beef Tips in a Sherry-Thyme Gravy (125) Mashed Potatoes (135) Brussel Sprouts (17) Cracked Wheat Bread (150) Banana (1) Calories:727 Sodium:531mg Carb: 79g
31 Sloppy Joe (333) Italian Roasted Potatoes (6) Broccoli (12) WW Hamburger Roll (230) Applesauce Cup (13) Calories:752 Sodium: 733mg Carb: 90g	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

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	4 9:00 Men's Coffee 10 TRIAD @ Police Dept. 12:30 Nails by Julie* 9-11 SHINE* 2:30-3:30 Line Dancing @ HMP	5 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch* RSVP for 12/11 Christmas Party*	6 9:00 Men's Coffee 9-11 Networking Group 10:00 Art Class 12:00 SPECIAL Lunch served* 12:30 Shopping* 1-3 Adult Coloring	7 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes
10 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	11 9:00 Men's Coffee 9-11 SHINE* 12:00 Christmas Party* Lady of the Lake Function Hall 2:30-3:30 Line Dancing @ HMHP	12 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga, Vet Agent 12:00 Potluck Lunch* 12:30 MLMH*	13 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring & Kathleen's Craft	14 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes <i>Birthday of Patty Duke 1946-2016</i> 
17 10-2 Shop & Lunch trip* 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Pizza & Salad Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	18 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 2:30-3:30 Line Dancing @ HMHP	19 9:30-11a Wii games 10-noon Quilting 9-11a Brown Bag 11:00 Chair Yoga 12:00 Potluck Lunch* RSVP for 12/28 Birthday Lunch*	20 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring	21 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office closes First Day of Brrrr.... 
24 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall <i>Office closes at 11:30 No lunch served</i>	25 	26 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga No Lunch	27 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring	28 9:30 Errands* 11:00 Atty. Rawlins* 12:00 Birthday Lunch*  1:00 Office closes
31 NEW YEAR'S EVE 10:00 Cards/Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall <i>Office closes at 11:30 No lunch served</i>		FOOD PANTRIES: First Congregational Church -Tues. 2:30-4pm 781-293-6393 <i>or...Our Lady of the Lake Church, 2nd and 4th Sat. 9-10:30am 781-293-7971</i>		<i>All events marked with an asterisk requires a reservation.</i> Call our office! 781-293-7313 

JANUARY 2019

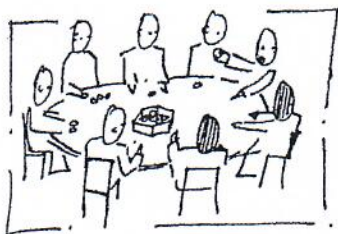
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TOMORROW IS THE FIRST BLANK PAGE OF A 365 PAGE BOOK. WRITE A GOOD ONE.</p> <p>-Brad Paisley</p>	<p>1</p> <p>New Year's Day Observed</p> <p>OFFICE CLOSED</p>	<p>2</p> <p>9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga</p> <p><i>February's newsletter requests due today</i></p>	<p>3</p> <p>9:00 Men's Coffee 9-11 Networking Group @ Town Hall 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring</p>	<p>4</p> <p>9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes</p>
<p>7</p> <p>10:00 Cards/ Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing</p>	<p>8</p> <p>9-10 BEST BREAKFAST 9:00 Men's Coffee 10 TRIAD @ Police Dept. 9-11 SHINE* 12:30 Nails By Julie* 2:30-3:30 Line Dancing @ HMHP</p>	<p>9</p> <p>9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga, Vet Agent 12:00 Potluck Lunch* 12:30 MLMH*</p>	<p>10</p> <p>8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring & Kathleen's Craft</p>	<p>11</p> <p>9:30 Errands* 11:00 Rx Advantage* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes</p> <p>Fruitcake Toss Day </p>
<p>14</p> <p>10:00 Cards/ Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing</p>	<p>15</p> <p>9-11 SHINE* 9:30 Board Mtg. @ Water Dept. 2:30-3:30 Line Dancing @ HMHP</p>	<p>16</p> <p>9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch*</p> <p>RSVP today for Birthday Lunch*</p>	<p>17</p> <p>8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring</p>	<p>18</p> <p>9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office closes</p>
<p>21</p> <p>10:00 Cards/ Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing</p>	<p>22</p> <p>9-11 Men's Coffee & SHINE* 2:30-3:30 Line Dancing @ HMHP</p> <p>Hot Sauce Day </p>	<p>23</p> <p>9:30-11a Wii games 9-11 Brown Bag 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch* & Presentation*</p>	<p>24</p> <p>8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring</p>	<p>25</p> <p>9:30 Errands* 11:00 Atty. Rawlins* 12:00 Birthday Lunch served* </p> <p>1:00 Office closes</p>
<p>28</p> <p>10:00 Cards/ Cribbage & COMPUTER 11-12 Tai Chi @ Town Hall 12:00 Pizza & Salad Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing</p>	<p>29</p> <p>9-11 SHINE* 2:30-3:30 Line Dancing @ HMHP</p> <p>Birthday of  W.C.Fields 1880-1946</p>	<p>30</p> <p>9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch*</p>	<p>31</p> <p>8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring</p>	<p>EVERY DAY IS A NEW BEGINNING. SO TREAT IT THAT WAY. STAY AWAY FROM WHAT MIGHT BE. BE A GOOD PERSON. WHAT CAN BE.</p>

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HALIFAX SENIOR CENTER

December 2018 & January 2019

DO YOU NEED HELP GETTING YOUR 2018 TAXES PREPARED? Help is available for those who need assistance or counsel regarding tax preparation. The service is in 15 minute increments, beginning early February through mid April on Tuesday afternoon from 1:30-3:30pm. The cost ranges from \$35.00 to \$110.00, depending on your type of filing and income level. Payment would be necessary by check to Joseph Benson, by appointment only. This is NOT a drop-in service and *appointments must be made through our office in advance.*



Re-Invention is possible! Just imagine transforming your passion into a profession! It's a great time to create a new YOU. Consider joining the 50+ Job Seekers **Networking Group**. They meet the first Thursday of every month (9—11am) at the Halifax Town Hall, or every third Thursday of the month at the Marshfield COA. Funded and sponsored by Mass. Council on Aging, this program purpose is to support and assist people in the 50+ demographic who are looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Learn how to network, enjoy new topics at each meeting, join

an experienced Career Coach and Encore Strategist who is the Facilitator for this group. Any questions, please call Brenda at 781-293-7313.

KUDOS to our amazing volunteers who dedicate hours and energy for many wonderful programs here. They are a great crew. If you'd like to help out, such as a substitute Meal on Wheel driver, please come in and talk with us! (Having a GPS is a plus, but not necessary.)



** Sept. 2018—Octo. 2019 GENERATIONS MEMBERSHIP **



A MULTIGENERATIONAL COMMUNITY GROUP WHOSE PRUPOSE IS TO ENGAGE IN THE SUPPORT OF THE SENIOR CENTER. YOUR MEMBERSHIP IS IMPORTANT! WE ARE A 501C# NON PROFIT ORGANIZATION. COMPLETE THE FORM BELOW AND SEND TO:

Rita Magnarelli, Treasurer, 16 Maplewood Dr., Halifax 023238

Name: _____ Phone: _____

Address: _____

Check:

___ \$5.00 Annual Membership (make payable to "Generations")

___ I would like to include an additional contribution of ___ in memory of _____

Total enclosed: _____