



# Dracut Council on Aging Newsletter

**AUGUST 2013**

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442 Editor, Joyce H. Shadan

Website: [www.dracut-ma.us](http://www.dracut-ma.us)

E-Mail: [councilonaging@dracut-ma.us](mailto:councilonaging@dracut-ma.us)

Summer's sultry side is in full force. The dog days came early and still linger. Folks are feeling lethargic and listless, and trying to stay cool is on everyone's mind. We are after all, New Englanders and we do not let the weather stop us. Our volunteers say stopping is not an option and they continue to serve not matter what!!

This month we will honor and recognize our volunteer family with a special event. This year's event is a 50's, 60's Diner Theme sponsored by Dracut Police Department and will be held on Tuesday August 6th with breakfast at 9am. Entertainment is by Ray Tremblay with BINGO game to follow. We will also have our Annual Art Exhibit where our artists will display their art work. All Dracut seniors are encouraged to bring in their art work on Monday the 5th.

Our volunteer family is the heart of the COA. They give to their community in many ways. They perform meaningful and important functions and affect and enhance the lives of others. Without our meals on wheels drivers and kitchen volunteers our homebound seniors would not receive the much needed noon-time meal. Our bone builder instructors show seniors how to strengthen their bodies to live healthier. One volunteer teaches how to use a computer and use the internet which opens a whole new world to them. The COA Board of Directors are all volunteers and some have served on the board for over thirty years. The Friends of the Dracut Elderly are also volunteers and without their efforts, activities, parties, classes, events would not be possible. Those who need friendly visiting and companionship also benefit from the commitment and compassion of our volunteers. The list can go on. And don't think for one moment that the volunteer's efforts only benefit others. The one who gives also receives and is better for it. All volunteers are welcome to attend our fun filled day.

Being that it's hot and humid, I guess an Ice Cream Social is in order. The Dracut Fire Fighters will host their Annual Ice Cream Social and talk on Home and Fire Safety on Monday August 12th at noon. Farmers Market Coupons will be distributed on Wednesday Aug. 7th from 9-3, please see Donna Houston. Fall is right around the corner and our annual fashion show will be held sometime in Sept. or Oct. Last year's show was fantastic. A meeting will be held on Thursday Aug. 29th at 10:15 in the conference room. Anyone wishing to model or be a part of the production crew are urged to attend the meeting .

Stay cool at Dracut Center for Healthy Aging at the Dracut Council on Aging. The Best Place in Town. Executive Director, Joyce Shadan

## COUNCIL ON AGING STAFF

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Joyce H. Shadan,  
*Executive Director*  
Judy Gilbert, *Social Services*  
*Volunteer Coordinator*  
Donna Houston  
*Outreach Coordinator*  
Pat Cahill  
*Clerk/Bookkeeper*  
Alma Reeves,  
*Administrative Assistant*  
Anita Chartier, *Bus Driver*  
Russ Lahaise, *Bus Driver*  
Charlene Bennett, *Bus Driver*  
Gertrude Frechette, *Custodian*  
Bob Houston, *Custodian*  
Monica Gagne, *Greeter, CTI*

## NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*  
Donna Campbell, *Site Aide*

## COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*  
Ann Casey, *Vice Chairperson*  
Mary Jo Sudol, *Treasurer*  
Renee Espinola, *Secretary*

## MEMBERS

William O'Neill  
Chet Pater  
Gerald Surprenant  
Lt. Mike Fleury  
Louis Darvirris  
Omer Matte

Senior Center Hours  
Monday through Friday  
8:00 am to 4:00 pm

## Social Services

August 2013

**Important reminders... Transportation and Fuel Assistance Renewals.** Whether you're still driving or not, you may want to consider the convenience taking our bus at a very low cost. We can take you shopping, to medical appointments and more. Also, August is when CTI starts sending out **Fuel Assistance Renewal** letters. Get prepared to have income verification, current bills and any changes ready for submission in order for your paperwork to be completed. Please call our office for more information about these services and more.

**Donna Houston, Outreach Coordinator**

Congratulations! Volunteers of the year. Thank you to all of our volunteers, your kindness and your time you share is very much appreciated.

**Judy Gilbert , Social Services/ Volunteer Coordinator**

### MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation.

**Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers. Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at 978-957-0129**

### **DRACUT SENIOR CITIZENS PROPERTY TAX WORK OFF PROGRAM 2013**

Work in town department for 62.5 hours and receive \$500 off your property tax bill. Apply at the DCOA 951 Mammoth Rd. Dracut. Application Period: Open until slots are filled. To be eligible for this program an applicant must be 60yrs.or older. A homeowner or current spouse of homeowner. Reside in the town of Dracut. Occupy the property for which the taxes are paid. Present a copy of the current property tax notice upon application. Be retired and not working as of Jan. 1st of the program year. Work 62.5 hours in the program in order to receive a \$500 credit to their tax bill in the following year. The taxpayer may not be receiving any other abatement or exemption from the town of Dracut. Present an income tax return, first two pages of Federal Tax Return 1040. If the applicant does not file taxes, forms 4506-T will need to be completed. 4506-T forms are available at the COA office.

## **TRANSPORTATION PROGRAM**

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart\*, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

### MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM  
Lowell \$2.00 each way; Dracut \$1.00 each way  
Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way; \$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

### Everyone must be picked up before 2PM

**Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.**

## **VOLUNTEER PROGRAMS**

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

**ALTERNATIVE FORMATS:** To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

## SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. Aug. 7th**. Please make your appointment at the office by calling. 978-957-2611

### FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

## Health Clinics

### Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA  
Every Thursday from 1:30-3:45PM,  
blood pressure checks, weight monitor-  
and personal consultation. **Blood sugar testing (3rd  
Thursday at 2:30 pm) for known Diabetics.** 100% OF  
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF  
VNA SERVICES.



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### DRACUT SENIOR CITIZEN'S CLUB

**The Dracut Senior Citizen's Club** is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings will resume on Wed, Sept.11th**

A bingo game is held right after the meeting.  
Annual dues are \$2.00 payable on meeting days.

### THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

\*No fees or registration

\*No financial, age or residency restrictions

\*Cannot be used with insurance

**See or call Donna Houston at 978-957-2611**

Or on line @[www.needymeds.org](http://www.needymeds.org). Org. download, print, clip  
and save.

## Second Hand Rose

Thrift Shop - Open Daily  
Dracut Council on Aging  
951 Mammoth Road

Donations of new or gently used, clean  
items arrive almost every day and are  
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the  
Dracut Elderly, Inc.

### FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

Member, Mary Beth Shanahan

The Friends are a fundraising group for the  
sole purpose of the Dracut Council on  
Aging. They supplement the cost for  
classes such as the Art class, Energetics,  
Tai Chi & Computer class. They  
purchase supplies for the senior center  
such as paper goods, decorations,  
furniture, wall décor, curtains & whatever  
is needed. All volunteer events & parties  
& the Director's Coffee hour are spon-  
sored by the Friends such as gifts, food &  
entertainment. Part of their mission is help  
for seniors in the community who are in  
need. They raise funds through "second  
hand rose" thrift shop & various basket  
raffles etc. Anyone who wishes to be a  
sponsor may do so at anytime. A \$3.00  
donation or any amount is appreciated.  
We hope you will take this opportunity to  
join the Friends or renew your annual  
membership.

### THANK YOU TO

Estelle Burgess for your generous dona-  
tion to the Friends.

# AUGUST 2013

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|   |  |  |  | Cards/Pool/Chess 2<br>Wii/Foosball<br>9:00.....Bowling<br>9-10.....Line Dancing<br>9:30..Walmart & Mama's<br>12:00.....Cribbage<br><br>1-2.....Bone Builders<br>1:00.....Reiki                            |
| Cards/Pool/Chess 5<br>Wii/Foosball<br><br>10:00.....Bone Builders<br>1:00.....Bingo<br>1:00.....Reiki   | 6<br><b>NO MEALS TODAY</b><br>9:00.....Volunteer<br>Recognition Breakfast &<br>Art Exhibit<br>9:00-10:00.....Energetics<br>10.....Grocery Shopping<br>10:30-11:30.....Bone<br>Builders<br>12:30.....Knit/Crochet<br>1:00.....Reiki | Cards/Pool/Chess 7<br>Wii/Foosball<br><br>9-3.....Farmers Market<br>Coupons<br>10-11.....Bone Builders<br>12:00...Ice Cream Stand<br>1-2.....Bone Builders<br>1:00.....Reiki | Cards/Pool/Chess 8<br>Wii/Foosball<br>9:00-10:00.....Energetics<br>9:30-12...Quilting Group<br>10:30-11:30.....Bone<br>Builders<br>1:00.....Bingo<br>1:00.....Reiki<br>1:30-3:45....Nurse Nancy                                  | Cards/Pool/Chess 9<br>Wii/Foosball<br><br>9:00.....Bowling<br>9-10.....Line Dancing<br>9:30.....Kmart &<br>Good Times<br>12:00.....Cribbage<br>1-2.....Bone Builders<br>1:00.....Reiki                    |
| Cards/Pool/Chess 12<br>Wii/Foosball<br><br>10:00...Karaoke w/Mike<br>10:00.....Bone Builders<br>10:00.Affordable Hearing<br>(Free Hearing Screening)<br>12..Dracut Fire Fighters<br>Ice Cream Social & Talk<br>on Home & Fire Safety<br>1:00.....Bingo<br>1:00..... Reiki | Cards/Pool/Chess 13<br>Wii/Foosball<br><br>9:00-10:00.....Energetics<br>10.....Grocery Shopping<br>10:30-11:30.....Bone<br>Builders<br>12:00.....Movie<br>(The Guilt Trip)<br>12:30.....Knit/Crochet<br>1:00.....Reiki             | Cards/Pool/Chess 14<br>Wii/Foosball<br><br>10-11.....Bone Builders<br>12:00...Ice Cream Stand<br>1-2.....Bone Builders<br>1:00.....Reiki                                     | Cards/Pool/Chess 15<br>Wii/Foosball<br>9:00-11:00.....Energetics<br>9:30-12...Quilting Group<br>10:30-11:30.....Bone<br>Builders<br>1:00.....Bingo<br>1:30-3:45....Nurse Nancy<br>1:00.....Reiki                                 | Cards/Pool/Chess 16<br>Wii/Foosball<br><br>9:00.....Bowling<br>9-00.....Line Dancing<br>9:30... Dollar Tree &<br>Waterside Tap & Grille<br>12:00.....Cribbage<br>1-2.....Bone Builders<br>1:00.....Reiki  |
| Cards/Pool/Chess 19<br>Wii/Foosball<br><br>10:00.....Bone Builders<br>10:30.....Representative<br>Colleen Garry will hold<br>office hours<br>1:00.....Bingo<br>1:00.....Reiki   | Cards/Pool/Chess 20<br>Wii/Foosball<br><br>9:00-10:00.....Energetics<br>10.....Grocery Shopping<br>10:30-11:30.....Bone<br>Builders<br>12:30.....Knit/Crochet<br>1:00.....Reiki  | Cards/Pool/Chess 21<br>Wii/Foosball<br><br>10-11.....Bone Builders<br>12:00...Ice Cream Stand<br>1-2.....Bone Builders<br>1:00.....Reiki                                     | Cards/Pool/Chess 22<br>Wii/Foosball<br>9:00-10:00.....Energetics<br>9:30-12...Quilting Group<br>10:30-11:30.....Bone<br>Builders<br>1:00.....Bingo<br>1:30-3:45....Nurse Nancy<br>1:00.....Reiki                                 | Cards/Pool/Chess 23<br>Wii/Foosball<br><br>9:00.....Bowling<br>9-10.....Line Dancing<br>9:30.....North Andover<br>Mall & Grassfields<br><br>12:00.....Cribbage<br>1-2.....Bone Builders<br>1:00.....Reiki |
| Cards/Pool/Chess 26<br>Wii/Foosball<br><br>10:00...Karaoke w/ Mike<br>10:00.....Bone Builders<br>1:00.....Bingo<br>1:00.....Reiki   | Cards/Pool/Chess 27<br>Wii/Foosball<br><br>9:00-10:00.....Energetics<br>10:00..Grocery Shopping<br>10:30-11:30.....Bone<br>Builders<br>12:30.....Knit/Crochet<br>1:00.....Reiki  | Cards/Pool/Chess 28<br>Wii/Foosball<br><br>10-11.....Bone Builders<br>12:00...Ice Cream Stand<br>1-2..... Bone Builders<br>1:00.....Reiki                                    | Cards/Pool/Chess 29<br>Wii/Foosball<br>9:00.....Energetics<br>9:30.. <b>NO QUILTING</b><br>10:15.....Fashion Show<br>Meeting<br>10:30-11:30.....Bone<br>Builders<br>1:00.....Bingo<br>1:30-3:45....Nurse Nancy<br>1:00.....Reiki | Cards/Pool/Chess 30<br>Wii/Foosball<br><br>9:00.....Bowling<br>9-10.....Line Dancing<br>9:30.....Chunky's<br>Lunch & Movie<br>12:00.....Cribbage<br>1-2.....Bone Builders<br>1:00.....Reiki               |



# Groups - Classes - Events



## Groups Classes

### **BEGINNER'S COMPUTING**

**With Pat Merrill**  
will resume in Sept.  
Wednesdays 9:00-11:00  
**\$15.00 for 8 Week Course**

### **FREE QUILTING CLASS**

Thursdays 9:30am—12:00pm

### **ENERGETICS**

**With Elaine Corsetti**  
will resume in Sept.  
Tuesdays & Thursdays  
9:00 –10:00

**Students are urged to continue with the class during July & Aug.**

### **TAI CHI**

**With Connie Rock**  
will resume in Sept.  
10:00—11:00  
**\$35 for Six Week Course**

### **ART CLASS**

**With Stella Pappas**  
Classes will resume in Sept.  
Tuesdays at 9:00 am to 11:00 am  
**\$40.00 per 8 week session**

Sponsored in part by a grant from the Dracut Cultural Council

### **BONE BUILDERS**

#### **FREE**

Helps increase endurance & strength with activities to improve balance & to prevent falls.

Warm up exercises, stretching. Class uses weights. You work out at your own pace.

**10:00-11:00 Mondays & Wednesdays**

**10:30-11:30 Tuesdays & Thursdays**

**1:00-2:00 Wednesdays & Fridays**

**Please call Judy Gilbert for any info on any of the classes. @ 978-957-2611**

## Lift Your Spirits

### **REIKI**

**Appointments start at 1:00pm**  
**each session is 40 minutes**  
**\$3.00 a session**

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

**Please call the center to make an appointment.**  
**@ 978-957-2611**

### **NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:**

**The Friend's of The Dracut Elderly, Inc.**

### **Bowlers Needed**

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

### **BEGINNERS LINE DANCING**

#### **With Marcella Groulx**

Every Friday @ 9:00—10:00 am **\$2 a class**

## Library News

### **DCOA Librarian: Ruth Chappas**

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle and chess in library.

### **LEGACIES VOLUME IX ANTHOLOGY**

Are available at the senior center for **\$3.00**  
In Memoriam, Friends of the Dracut Elderly, Inc.  
memorial cards are available at the center.

## UP COMING EVENTS IN AUGUST

### **Annual Volunteer Recognition Breakfast and Annual Art Exhibit Tues Aug. 6th at 9am (50's & 60's Diner Theme)**

Breakfast served at 9am, volunteer slide show, music by Ray Tremblay and bingo game to follow.

All volunteers are welcome to attend, please RSVP in the office by **July 29th**.

All artists are welcome to bring in their art work on **Monday Aug.5th for display.**

### **FARMERS MARKET COUPONS**

**For low-income seniors, at least 60 years old or older.**

**1 Person Household: 21,257/yr-\$1,772/mo, 2 Person Household: \$28,694/yr-\$2,392/mo.** Coupons given on a **first-come, first-served basis** to seniors who meet the eligibility criteria. **Proof of eligibility**- seniors who are enrolled in government funded benefit or assistance program. **An ID that shows their Date of Birth and Address.** Receive any **ONE: (SSI) -seniors must bring their SSI card.**

**\*Section 8 Housing, \*Fuel Assistance, and**

**\*Medicaid**

**WHEN: Wednesday, August 7, 2013 9:00-3:00**

**Affordable Hearing, Hearing Clinic  
with Christopher Streeter Monday Aug.12th  
10am -12pm**

**Please call for appointment at 978-957-2611**

### **Karaoke with Mike**

**Monday Aug. 12th & 26th at 10-11am**

Pick your favorite song, grab a mike and sing along.

### **The Dracut Fire Fighters**

**Annual Ice Cream Social and Talk on Home &  
Fire Safety**

**Monday Aug. 12th at noon. Tickets are \$1.00**

## Quick Trips for August 2013

**Friday-Aug.2nd..Walmart & Mama's**

**Friday-Aug. 9th...Kmart & Good Times**

**Friday-Aug. 16th...Dollar Tree & Waterside Tap & Grille**

**Friday-Aug. 23rd...North Andover Mall & Grassfields**

**Friday Aug. 30th...Chunky's, lunch & movie**

### **DINNER & MOVIE**

**Tuesday Aug.13th at 11:30**

**Dinner:** Chicken Tetrizzini. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. \$2.00 donation is suggested.

### **Free Movie Starts at 12 Noon**

**Movie:** The Guilt Trip

Andy Brewster is about to go on the road trip of a life time...accompanied by his overbearing mother Joyce. As they cross 3,000 miles, he is constantly aggravated by her antics, but over time he realize that they actually have more in common then he originally thought. **Comedy**

**Staring:** Barbara Streisand & Seth Rogen

**popcorn & drinks served**

### **Representative Colleen Garry**

Will hold office hours at the COA on

**Monday Aug 19th. at 10:30 am.**

### **FOXWOODS DAY TRIP**

**Wednesday Aug. 28th, 2013:**

\$30.00 per person, Receive a \$10 keno play voucher and a free buffet or \$10 in food voucher. Includes transportation, driver gratuity, Friends donation and refreshments. Bus leaves the senior center at 7am. Parking is available at the far end of the parking lot. For more info please call

**Carol Gavriel at 978-957-5527**

**Other 2013 trips: Oct. 4th & Nov.15th**

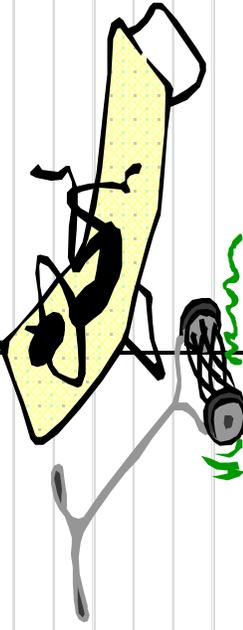
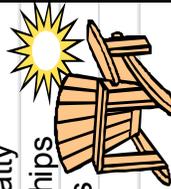
### **FASHION SHOW MEETING**

**Thursday Aug. 29th at 10:15**

Anyone interested in being part of our upcoming fashion show are urged to attend. Looking for models, and people who would like to help in the production of the show.

### **Please Note: Copies of this newsletter are placed in the following locations:**

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

|   |   |  |   |
|---|---|--|---|
|    |   | <p><b>1-Aug</b><br/>                 Roast Turkey with Gravy<br/>                 Cranberry Sauce<br/>                 Whipped Potatoes<br/>                 California Blend Veggies<br/>                 Calories: 325 Sodium: 665</p> | <p><b>2 HIGH SODIUM MEAL</b><br/>                 Sliced Ham &amp; Cheese<br/>                 Mustard<br/>                 Toss Salad/LS Dressing<br/>                 LS/LF Potato Salad<br/>                 Calories: 443 Sodium: 1169</p>  |
| <p><b>5</b><br/>                 Lasagna with<br/>                 Marinara Sauce<br/>                 Parmesan Cheese<br/>                 Mixed Vegetables<br/>                 Calories: 370 Sodium: 624</p>   | <p><b>6</b><br/>                 Fish a la Ritz<br/>                 Roasted Red Potatoes<br/>                 Peas and Carrots<br/>                 Calories: 358 Sodium: 317</p>  | <p><b>7</b><br/>                 Turkey Ham with<br/>                 Raisin Sauce<br/>                 Whipped Potatoes<br/>                 California Blend Veggies<br/>                 Calories: 356 Sodium: 911</p>                | <p><b>8 HIGH SODIUM MEAL</b><br/>                 Turkey Ham with<br/>                 Raisin Sauce<br/>                 Whipped Potatoes<br/>                 California Blend Veggies<br/>                 Calories: 356 Sodium: 911</p>  |
| <p><b>12</b><br/>                 BBQ Pork Patty<br/>                 LS Potato Chips<br/>                 Green Beans<br/>                 Calories: 505 Sodium: 695</p>  | <p><b>13</b><br/>                 Cranberry Juice<br/>                 Chicken Tetrazzini<br/>                 California Blend Veggies<br/>                 Cranberry Sauce<br/>                 Calories: 468 Sodium: 446</p> | <p><b>14</b><br/>                 Crunch Lite Fish<br/>                 Roasted Red Potatoes<br/>                 Peas &amp; Carrots<br/>                 Toss Salad/LS Dressing<br/>                 Calories: 342 Sodium: 357</p>      | <p><b>15 Birthday Meal</b><br/>                 Chicken Polonesian<br/>                 White Rice / Carrot Coins<br/>                 LS Dressing<br/>                 LS/LF Macaroni Salad<br/>                 Calories: 215 Sodium: 377</p>  |
| <p><b>19</b><br/>                 Shaved Steak with<br/>                 Peppers &amp; Onions<br/>                 Potato Wedges/ Ketchup<br/>                 Toss Salad/LS Dressing<br/>                 Calories: 500 Sodium: 810</p>                      | <p><b>20</b><br/>                 Sweet &amp; Sour Meatballs<br/>                 Dirty Rice<br/>                 Peas &amp; Carrots<br/>                 Calories: 449 Sodium: 539</p>   | <p><b>21</b><br/>                 Cranberry Juice<br/>                 Macaroni &amp; Cheese<br/>                 Zucchini &amp; Stewed Tom<br/>                 Calories: 529 Sodium: 581</p>   | <p><b>22</b><br/>                 Oven Roast Chicken<br/>                 Whip Potato &amp; Chives<br/>                 Harvard Beets<br/>                 Calories: 430 Sodium: 567</p>  |
| <p><b>26</b><br/>                 Hamburger<br/>                 Ketchup<br/>                 Baked Beans<br/>                 Kernel Corn<br/>                 Calories: 581 Sodium: 994</p>   | <p><b>27</b><br/>                 Chicken Breast Fillet<br/>                 Whipped Potatoes<br/>                 Tuscan Blend Veggies<br/>                 Cranberry Sauce<br/>                 Calories: 415 Sodium: 720</p> | <p><b>28</b><br/>                 American Chop Suey<br/>                 Peas &amp; Carrots<br/>                 Toss Salad/LS Dressing<br/>                 Calories: 390 Sodium: 834</p>  | <p><b>29</b><br/>                 Grape Juice<br/>                 Pork Roast with Gravy<br/>                 Whipped Potatoes<br/>                 Mixed Vegetables<br/>                 Calories: 489 Sodium: 278</p>   |
| <p><b>19</b><br/>                 Shaved Steak with<br/>                 Peppers &amp; Onions<br/>                 Potato Wedges/ Ketchup<br/>                 Toss Salad/LS Dressing<br/>                 Calories: 500 Sodium: 810</p>                      | <p><b>20</b><br/>                 Sweet &amp; Sour Meatballs<br/>                 Dirty Rice<br/>                 Peas &amp; Carrots<br/>                 Calories: 449 Sodium: 539</p>   | <p><b>21</b><br/>                 Cranberry Juice<br/>                 Macaroni &amp; Cheese<br/>                 Zucchini &amp; Stewed Tom<br/>                 Calories: 529 Sodium: 581</p>   | <p><b>22</b><br/>                 Oven Roast Chicken<br/>                 Whip Potato &amp; Chives<br/>                 Harvard Beets<br/>                 Calories: 430 Sodium: 567</p>  |

**Sodium is listed in milligrams.**

**Suggested donation is \$2.00 per meal.**

**All meals served with low-fat milk, bread, margarine and dessert.**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**