



# Dracut Council on Aging Newsletter

MAY 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)

Each May we celebrate Older Americans Month and Memorial Day. Both events honor and recognize our older generation for their significant contributions to American society. The theme this year is "Unleash the Power of Age." The Council on Aging's mission supports this by empowering older folks with services and programs which assists them in maintaining a happy and healthy retirement. Our wellness programs are designed to help prevent chronic diseases such as diabetes, heart disease, arthritis and osteoporosis. Falls and fall related injuries are among the most common medical problems that older Americans experience. Our low impact aerobics and bone builders classes have produced significant results in an increase in strength, balance, flexibility and state of mind. Inner and outer balance can be achieved by practicing Tai Chi. Choosing and eating healthy foods promotes the proper nutrition needed in maintaining a healthy life style. A nutritional noon time meal is served daily at the senior center and meals on wheels deliver to the homebound.

High or low blood pressure can be dangerous to one's health. A VNA nurse is available every Thursday for BP checks, weight monitoring and hearing clinics are held every month. We provide weekly informational presentations on medicare, social security, scams, health insurance, disease prevention, retirement, legal issues, end of life issues, brain fitness, healthy eating and many more. In addition we offer, SHINE counseling, AARP tax prep. SNAP, fuel assistance, safelink phone and more.

Aging well requires a good dose of creative outlets. A variety of classes and groups include art class, knitting and crocheting, quilting, writing competition, annual talent and fashion show to mention a few. Keeping up with the communication age, our computer class has taught hundreds of seniors basic computer, surfing the net, e-mail and using SKYPE.

Studies show that socialization and recreation are key factors in preventing isolation and depression. Many who no longer drive find much difficulty in having a normal life style. Our road runners provide services for doctor visits, hair appointments, banking, quick trips, and other locations.

The road runner provides service to the senior center for, recreation card playing, bingo, puzzle making, billiards, lunch, movies, parties, talent shows, fashion shows, holiday events and many others.

Volunteering can be one of the most effective ways in creating a meaningful and beneficial retirement. Our volunteer programs offer a variety of opportunities. The Council on Aging is Dracut's senior center for healthy aging, It's The Best Place in Town.

Executive Director, Joyce Shadan

## COUNCIL ON AGING STAFF

=====  
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*  
Bill Dorris *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 Fluery  
Louis Darvirris  
Omer Matte

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

## Social Services

### **May 2013 Driving Quiz....What is your best guess??**

At what age does vision start to change in ways that affect driving? Is it 30, 40, 50 or 60 yrs. Old? Answer: 40 yrs .

For many people age 40 is a turning point for vision. Often at the age 40 people begin to have issues reading items close up, or seeing distances, or seeing clearly at night. It's important to have regular eye exams. If you have issues, you can ask your optometrist about glasses and also ask about anti-reflective coatings that reduce glare and improve night vision.

**Donna Houston, Outreach Coordinator**

To all the wonderful moms, Happy Mothers Day. Let's remember our veterans for all they do, and have a safe and enjoyable Memorial Day weekend.

**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.

### **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.

## **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. 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. **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. May 8th & 22nd**. 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.



ing

---

---

### 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 Wed. May 8th & 22nd.**

A bingo game is held right after the meeting.  
Annual dues are \$2.00 payable on meeting days.  
Call Ed Bishop for more info @ 978-453-0969

### 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)  
download, print, clip and save.

## Second Hand Rose

Thrift Shop - Open Daily  
Dracut Council on Aging  
951 Mammoth Road  
8:00-4:00p.m.

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 sponsored 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**

# MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cards/Pool/Chess 1 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 12:00...Legacies Cere- mony 3:00..... Reiki	Cards/Pool/Chess 2 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00... 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:34...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 3 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30..Walmart & Scola's 12:00.....Cribbage 3:00.....Reiki
Cards/ Pool/Chess 6 Wii/Foosball  10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 7 Wii/Foosball  9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 8 Wii/Foosball  9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 10-11.....Tai Chi 1:00.....Senior Citizens Club Meeting 3:00..... Reiki	Cards/Pool/Chess 9 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00.....Willow Manor 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 10 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30...Webster Square & Woodman's for lunch 12:00.....Cribbage 3:00.....Reiki
Cards/Pool/Chess 13 Wii/Foosball  10.....Affordable Hearing (Free Hearing Screening) 10:00.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 14 Wii/Foosball  9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00...Movie (Life of Pi) 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 15 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 2:30.Dracut COA Board Meeting 3:00.....Reiki	Cards/Pool/Chess 16 Wii/Foosball  9:00-11:00.....Energetics 9:30-12...Quilting Group 10:00.. Atty. Joan Kleger from Mass Bar Assoc. 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 17 Wii/Foosball  9:00.....Bowling 9-00.....Line Dancing 9:30...Northwood , tour, lunch & bingo 12:00.....Cribbage 3:00.....Reiki
Cards/Pool/Chess 20 Wii/Foosball  10:30...Representative Colleen Garry will hold office hours. 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 21 Wii/Foosball  9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 22 Wii/Foosball  9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 10-11.....Tai Chi 1:00...Senior Citizens Club Meeting 3:00.....Reiki	Cards/Pool/Chess 23 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 10..Northwood Rehab. & Health Care Center 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 24 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30...Dollar Tree & Irish Cottage for lunch 12:00.....Cribbage 3:00.....Reiki
27	Cards/Pool/Chess 28 Wii/Foosball  9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 29 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 1:00.....Reiki	Cards/Pool/Chess 30 Wii/Foosball  9:00-10:00.....Energetics 9:30...No Quilting Class 10..Director Coffee Hour 10:30—11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 31 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30....Grassfield's for lunch & area shopping 12:00.....Cribbage 3:00.....Reiki
<b>CENTER IS CLOSED MEMORIAL DAY</b>				



# Groups - Classes - Events



## Groups Classes

### **BEGINNER'S COMPUTING**

**With Pat Merrill**  
**May 1, 8, 15, 22, & 29th**  
Wednesdays 9:00-11:00  
**8 Weeks at \$15.00**

### **FREE QUILTING CLASS**

Thursdays 9:30am—12:00pm

### **ENERGETICS**

**May 2—May 30th**  
Tuesdays & Thursdays  
9:00 –10:00

**With Elaine Corsetti**  
**\$20.00 per session**

### **TAI CHI**

**With Connie Rock**  
**May 1 –June 5th.**  
10:00—11:00

**\$35 for Six Week Course**

### **ART CLASS**

**With Stella Pappas**  
**May 7, 14, 21 & 28th**  
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

**For any info on classes please call Judy Gilbert at 978-957-2611**

## Lift Your Spirits

### **REIKI**

**EVERY TUESDAY—FRIDAY AT 3:00PM**  
**\$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.**

**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**  
**\$2.00 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 every day in the Library.  
Chess Game Set Up In Library

### **LEGACIES VOLUME VIII ANTHOLOGY**

Are available at the senior center for **\$2.00**

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center

## UP COMING EVENTS IN MAY

**LEGACIES CERRMONY**  
**Wednesday May 1st. at 12noon**

**Thursday may 9th at 10am**  
**Willow Manor**

Will speak on MOLST ( Medical Orders for Life  
Sustaining Treatment)  
Refreshments will be served.

**Affordable Hearing, Hearing Clinic**  
**with Christopher Streeter Monday May 13th**  
**10am –12pm**

**Free service for:**

Hearing screenings, evaluations, hearing aid  
maintenance and cleaning. minor hearing aid repairs  
**Please call for appointment at 978-957-2611.**

**DINNER & MOVIE**  
**Tuesday May14th.**  
**at 11:30**

**Dinner:** 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: Life of Pi**

A Montreal writer in search of his next project hap-  
pens across the incredible story of Piscine Millitor  
Patel. Pi was born in Pondicherry, India in the 70's  
and spends his days among tigers, zebras, hippos  
and other exotic creatures at the zoo his father owns.  
He develops his own theories about faith, belief and  
human nature but after Pi attempts to befriend a  
Bengal tiger named Richard Parker. The young boy  
learns a harsh lesson about the relationship between  
human and beast.

**Staring:** Suraj Shama **Rated:** PG **Drama**  
**Free Popcorn & Drinks Served**

## Quick Trips for May2013

**Friday-.May 3..**Walmart & Scola's  
**Friday-May 10th...**Webster Square & Woodman's Sea-  
food & grill  
**Friday-May 17th...**Northwood Health Care Center, tour,  
lunch & bingo  
**Friday-May 24th...**Dollar Tree & Irish Cottage  
**Friday May 31st...**Area Shopping & Grassfield's for lunch

Atty. Joan Kleger from  
**MASS BAR ASSOCIATION**  
**Thursday May 16th at 10am**  
Will speak on "A Legal Check Up"

**Representative Colleen Garry**  
Will hold office hours at the COA on  
**Monday May20th. at 10:30 am**

**NORTHWOOD REHAB.**  
**and**  
**HEALTH CARE CENTER**  
will present a talk on Osteoporosis  
**Thursday May 23 at 10am**  
Refreshments will be served.

**DIRECTOR COFFEE HOUR**  
**Thursday May 30th. At 10am**  
Stop by for coffee and refreshments.  
Discussion on up coming events, issues and concerns.

**M.G. PARKER MEMORIAL LIBRARY**  
**NEW Home Delivery PROGRAM**  
You must be a Dracut resident and unable to come to the  
library due to a permanent condition or a temporary condi-  
tion that will last four weeks or more. Apply at the library  
or applications are available at the Dracut Senior Center.  
**Library 978-454-5474**  
**Dracut Senior Center 978-957-2611**

**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.

# MVNP May 2013

# CLIENT Menu



<b>29</b> High Sodium Meal	<b>30</b>	<b>1-May</b>	<b>2</b>	<b>3</b>
Hamburger	Apple Juice	Salisbury Steak with Gravy	Roast Turkey with Gravy	Stuffed Shells
Ketchup	Chicken, Broccoli and Ziti	Whipped Potatoes	Cranberry Sauce	Marinara Sauce
Potato Wedges		Scandinavian Blend Veg.	Herb Whipped Potatoes	Mixed Vegetables
Coleslaw			Country Blend Vegetables	Parmesan Cheese
Calories: 785 Sodium: 1013	Calories: 447 Sodium: 511	Calories: 524 Sodium: 662	Calories: 371 Sodium: 696	Calories: 331 Sodium: 809
<b>6</b>	<b>7</b>	<b>8 High Sodium Meal</b>	<b>9 Older American Day</b>	<b>10</b>
Grilled Chicken Breast	Meatballs with Ziti and Marinara Sauce	LS Hot Dog	Grape Juice	Salmon Boast
Marsala Sauce	Tuscany Blend Vegetables	Mustard & Relish	Burgundy Beef Tips	Dill Sauce
Whip Potatoes / Glazed		Baked Beans	White Rice	White Rice
Carrots / Cranberry Sauce		Coleslaw	Peas and Carrots	Tomatoes & Green Beans
Calories: 394 Sodium: 574	Calories: 445 Sodium: 370	Calories: 692 Sodium: 1770	Calories: 464 Sodium: 229	Calories: 319 Sodium: 428
<b>13</b>	<b>14</b>	<b>15</b>	<b>16 Birthday Dinner</b>	<b>17</b>
Cranberry Juice	Veal Patty	Rotisserie Chicken	Roast Turkey with Gravy	Macaroni and Cheese
Chicken Cacciatore	Mushroom Gravy	Whip Potatoes	Cranberry Sauce	Zucchini & Stew Tom
Pasta with Garlic Oil	Whipped Potatoes	Carrots & Turnips	Herb Whipped Potatoes	
Peas and Carrots	Scandinavian Veggies	Cranberry Sauce	California Blend Veggies	
Calories: 450 Sodium: 278	Calories: 459 Sodium: 781	Calories: 301 Sodium: 235	Calories: 376 Sodium: 696	Calories: 460 Sodium: 579
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Cranberry Juice	Apple Juice	Cheese Lasagna	Pork Roast	Fishwich
Chicken Meatballs	Chicken Fajitas	Marinara Sauce	Gravy	Kernel
Marinara Sauce	Low Fat Sour Cream	Parmesan Cheese	Whipped Potatoes	Corn
Green Beans	White Rice / Tortilla	Broccoli & Cauliflower	Peas and Carrots	Tartar Sauce
LS Potato Chips	Country Blend Veggies			LS Chips
Calories: 518 Sodium: 791	Calories: 472 Sodium: 583	Calories: 331 Sodium: 841	Calories: 397 Sodium: 300	Calories: 606 Sodium: 664
<b>27</b>	<b>28</b>	<b>29</b>	<b>30 High Sodium Meal</b>	<b>31</b>
	Egg Salad Sandwich	Chicken Dippers	Turkey Ham with Pineapple Ginger Sauce	Fish a la Ritz
<i>No Meal Sewed</i>	Coleslaw	Sweet & Sour Sauce	Whip Sweet Potatoes	Roasted Red Potatoes
<i>Memorial Day</i>	LS Potato Chips	Roasted Red Potatoes	California Blend Veggies	Ketchup
		Green Beans		Carrots and Turnips
	Calories: 486 Sodium: 442	Calories: 493 Sodium: 493	Calories: 341 Sodium: 915	Calories: 355 Sodium: 460

**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.**