



Dracut Council on Aging Newsletter

SEPTEMBER 2013

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

Website: www.dracut-ma.us

E-Mail: councilonaging@dracut-ma.us

How happy am I that summer is coming to an end? Happier than an exhausted mother by the time the school bell rings !!! I know that summer is most folks' favorite time of year but I love autumn and all that it brings. Fall's brisk air is invigorating and energizing. If we allow the coolness of the season to intrude on our summer hiatus we may find a welcome nudge that may motivate us to start a new project or try something totally different than we've ever done before. The council on aging programing is designed to offer programs, services and events to assist seniors in their efforts to sustain a healthy lifestyle. Taking a class in art, quilting, knitting or crocheting, may bring out your creative side. Tai Chi and Reiki sessions will help to balance the inner and outer you. Have you considered taking a strength training class? We have three Bone Builders classes and they are a proven method for improving body strength. Energetics, our low impact aerobics class will pump up your heart rate at your own pace. And for a fun work out, try line dancing, the time will just fly. There's always bowling at Park Lanes in Windham on Fridays. And billiards, Foos Ball, BINGO, cribbage, puzzle making and scrabble are good ways to socialize. Want to learn how to use the computer? In our beginners computer class you will learn the basics and before you know it you'll be e-mailing, surfing the web, Skype and whatever you wish. We offer programs and support to help seniors manage their lives by providing access to social services, reliable transportation options, good nutrition, recreational and socialization choices and information on current issues that affect senior citizens. We're adding a NEW SERVICE for seniors and their families starting this month. The Council on Aging will be open till 6pm on the second and fourth Monday of each month. We are offering the extended hours to accommodate residents who are unable to access our services during our regular hours of operation and who need information for themselves or family members. Information on all our programs and services will be available as well as tours of the senior center. Appointments for Fuel Assistance can be scheduled for people who are unable to come due to their work schedules. Please join us and D'Youville Life and Wellness Community as they present a talk on Joint Replacement on Thursday the 5th at 10 am. Our Veteran's breakfast will be on Tuesday the 24th at 9m. and Coffee with the Director is on Thursday the 26th at 10 am. And just for fun we have Friday quick trips, movies, large screen videos, karaoke and more. Stop by Dracut's Center for Healthy Aging at the Dracut Council on Aging "The Best Place in Town"

Joyce Shadan, Executive Director

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
 Second and Fourth
 Monday open till 6pm

September 2013

The Health Care Proxy and why it is important

The Health Care Proxy is a simple legal document that allows you to name the person you know and trust to make health care decisions for you if for any reason and at anytime, you are unable to do it for yourself. It is an important legal document and you should always make sure it is up to date with the proper information. DCOA has a helpful booklet called "**The Five Wishes**" that will guide you and your family in making such decisions. Please call the office and speak with Donna for more information.

Donna Houston, Outreach Coordinator

. Congratulation to our volunteers of the year who received the Helen Connerton Award. Yvonne Baillargeon, Carol Langlois, Andrea Zwicker, Georgia Cirillo, and Mary Lou O'Reilly. Thank you to all who helped make our Volunteer Recognition Breakfast a great day.

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. Sept. 4th & 25th** 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: Wed. Sept. 11th & 25th. Sept. 18th Welcome back party dinner dance at the Pelham Inn.**

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. 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

Frank Sleeper for your generous donation.
Thank you to the Dracut Police Officers
for the wonderful breakfast they prepared
for Annual Recognition Volunteer Break-
fast and also thanks to the Dracut Fire
Fighters Union for the Annual Ice Cream
Social for our seniors.

SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER CLOSED LABOR DAY	Cards/Pool/Chess 3 Wii/Foosball 10:00.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 4 Wii/Foosball 9:30.....Shine 10-11.....Bone Builders 12:00..Ice Cream Stand 1-2.....Bone Builders 3:00.....Reiki	Cards/Pool/Chess 5 Wii/Foosball 10-11.....Bone Builders 9:30-12...Quilting Group 10:00.....Talk on Hip Replacement 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 6 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Walmart & Blue Angus 12:00...Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 9 Wii/Foosball 10:00.....Bone Builders 10:00..Afforable Hearing (Free Hearing Screening) 10:00 Video, 2013 Talent Show 1:00.....Bingo 3:00.....Reiki Open till 6pm	Cards/Pool/Chess 10 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10:00.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 11 Wii/Foosball 9-11Beginners Computer 10:00-11:00.....Tai Chi 10-11.....Bone Builders 1-2.....Bone Builders 1:00.....Senior Citizen's Club Meeting 3:00.....Reiki	Cards/Pool/Chess 12 Wii/Foosball 9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 13 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Webster Sq. & 5 Guys Burger & Fries 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 16 Wii/Foosball 10:00.....Bone Builders 10:30.....Representative Colleen Garry will hold office hours. 1:00.....Bingo 3:00.....Reiki	Cards/Pool/Chess 17 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10:00.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 18 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:00.Senior Citizens Dinner Dance at Pelham Inn 1-2.....Bone Builders 2:30:DCOA Board Meeting 3:00.....Reiki	Cards/Pool/Chess 19 Wii/Foosball 9:00-11:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 20 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Home Goods & the 99 in Londonderry N.H. 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 23 Wii/Foosball 10:00.....Bone Builders 1:00.....Bingo 3:00.....Reiki Open till 6pm	Cards/Pool/Chess 24 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10:00.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 25 Wii/Foosball 9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Senior Citizen's Club Meeting 3:00.....Reiki	Cards/Pool/Chess 26 Wii/Foosball 9:00-10:00.....Energetics 10:00 Coffee w/Director 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 27 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30..Breakfast at Parker's Maple Barn & Christmas Tree 12:00.....Cribbage 1-2.....Bone Builders 3:00.....Reiki
Cards/Pool/Chess 30 Wii/Foosball 10:00.....Bone Builders 10:00.....Large Screen Video, 2013 Volunteer Recognition Breakfast 1:00.....Bingo 3:00.....Reiki				



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill
 Sept.11—Oct. 30th
 Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

FREE QUILTING GROUP

Thursdays 9:30am—12:00pm

ENERGETICS

With Elaine Corsetti
 Sept.9th—Sept.26th
 Tuesdays & Thursdays
 9:00 –10:00

TAI CHI

With Connie Rock
 Sept.11-Oct.16th
 10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
 Sept. 10– Oct. 29th
 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 3:00pm
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, chess and scrabble board in the 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 SEPTEMBER

Dracut Senior Center

New: Extended Hours. The second and fourth Monday of each month, open till 6pm.

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Safe Link Phones, Nutrition program, Meals on Wheels, Fuel Assistance, AARP Tax Prep, COA Library, other general information and volunteer opportunities.

Come and Check Us Out!

Joint Replacement Surgery

What to expect before, during and after
Sponsored by D'Youville Life and Wellness Community. **Thursday Sept. 5th at 10:00am**
Refreshments will be served.

**Affordable Hearing, Hearing Clinic
with Christopher Streeter Monday Sept. 9th
10am –12pm**

Free Screening for:

Hearing screening, evaluations, hearing and maintenance and cleaning, minor hearing, aid repairs

Please call for appointment at 978-957-2611

Tuesday Sept.10th at 11:30

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

Free Movie Starts at 12noon

DINNER & MOVIE

Movie: The Big Wedding Rated:R

To the amusement of their adult children and friends, long divorced Don & Ellie Griffin are once again forced to play the happy couple for the sake of their adopted son's wedding, after his ultra conservative biological mother unexpectedly decides to fly half across the world to attend the wedding. The Griffins are hilariously forced to confront their past, present and future. **Comedy, Drama, & Romance**
Staring: Diane Keaton, Robert De Niro, Katherine Heigl, Robin Williams and Susan Sarandon

Quick Trips for September 2013

Friday-Sept. 6th..Walmart & Blue Angus

Friday-Sept. 13th...Webster Square & 5 Guys Burgers

Friday-Sept. 20th...Home Goods & The 99 in Londonderry N.H.

Friday-Sept.27th...Breakfast at Parker's Maple Barn & Christmas Tree Shop

Representative Colleen Garry

Will hold office hours at the COA on

Monday Sept.16th at 10:30 am

VETERANS BREAKFAST

Tuesday Sept. 24th at 9:00am

All veterans and spouses are welcome to attend.

DIRECTOR COFFEE HOUR

Thursday Sept.26th at 10:00am

Stop by for coffee and refreshments.

Discussion on up coming events, issues and concerns.

FOXWOODS DAY TRIP

Friday Oct.4th, 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 Nov.15th

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>2 <i>No Meal Served</i></p>	<p>3 HIGH SODIUM MEAL LS Hot Dog Baked Beans Mustard & Relish Coleslaw</p> 	<p>4 Pineapple Ginger Chicken Brown Rice California Blend Veggies</p>	<p>5 Roast Turkey with Gravy Cranberry Sauce Whip Potato & Chives Mixed Vegetables</p>	<p>6 Seafood Newburg White Rice Green Beans</p> 
<p><i>Labor Day</i></p>	<p>Calories: 737 Sodium: 1893 10 Apple Juice Bake Macaroni & Cheese Zucchini and Stewed Tomatoes</p>	<p>Calories: 404 Sodium: 505 11 Baked Chicken Breast Gravy Bread Stuffing Green Beans Almondine</p>	<p>Calories: 339 Sodium: 692 12 HIGH SODIUM MEAL Turkey Ham with Baked Beans Harvard Beets Coleslaw</p>	<p>Calories: 250 Sodium: 666 13 Creole Fish White Rice California Blend Veggies</p>
<p>16 Meatloaf with Gravy Garlic Whip Potatoes Green and Gold Beans</p>	<p>Calories: 519 Sodium: 582 17 Grape Juice Chicken Tetrazzini California Blend Veggies Cranberry Sauce</p>	<p>Calories: 389 Sodium: 554 18 Broccoli, Egg & Cheese Bake Green Beans and Stewed Tomatoes</p> 	<p>Calories: 421 Sodium: 1729 19 Chicken Tangerine White Rice Carrot Coins</p> 	<p>Calories: 249 Sodium: 243 20 Krunch Lite Fish Lyonnaise Potatoes Peas & Carrots</p>
<p>23 Lasagna with Marinara Sauce Parmesan Cheese Mixed Vegetables</p>	<p>Calories: 449 Sodium: 423 24 Salisbury Steak & Gravy Whip Potato, Basil & Butter Scandinavian Blend Veg. Tossed Salad with LS Dressing</p>	<p>Calories: 319 Sodium: 394 25 New Orleans Diced Chicken White Rice California Blend Veggies</p>	<p>Calories: 270 Sodium: 439 26 Roast Pork with Gravy Red Bliss Whip Potato Mixed Vegetables</p>	<p>Calories: 323 Sodium: 366 27 Baked Salmon and Oriental Sauce O'Brien Potatoes Broccoli</p>
<p>Calories: 369 Sodium: 852 30 Cheeseburger Ketchup Potato Skins with Chives Coleslaw Sour Cream</p>	<p>Calories: 567 Sodium: 795 1-Oct Apple Juice Chicken, Broccoli and Ziti</p> 	<p>Calories: 281 Sodium: 621 2 Shaved Beef Steak with Peppers, Onions, and Cheese Whipped Potatoes Scandinavian Vegetables</p>	<p>Calories: 412 Sodium: 324 3 Chicken Breast Gravy / Cranberry Sauce Sweet Whip Potato Country Blend Veggies</p>	<p>Calories: 305 Sodium: 74 4 Fish a la Ritz Roasted Red Potatoes Peas and Carrots Toss Salad/LS Dressing</p>
<p>Calories: 821 Sodium: 966</p>	<p>Calories: 447 Sodium: 511</p>	<p>Calories: 344 Sodium: 410</p>	<p>Calories: 331 Sodium: 218</p>	<p>Calories: 401 Sodium: 451</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.

Stop by Dracut’s Center for Healthy Aging at the Dracut Council on Aging “The Best Place in Town “ See you in September

Executive Director, Joyce Shadan

