



Dracut Council on Aging Newsletter

JULY 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

The warmth of July's sun gathers family and friends for back yard BBQ's, parades and events in honor of our independence. It's our most revered holiday, without which our country would be a very different place. The strength and resolve of those who fought for our freedoms, laid the foundation for all that we cherish today. Once again on the 4th of July we will create new memories as our thoughts reflect on our past and celebrate our future. Displays of fireworks will be seen and heard in the night sky on this joyous of all American holidays.

The Boston Pop's Fireworks Spectacular celebrates their 40th year and people will come from all over the country and millions will watch the event in their homes. Dracut hosts it's own firework spectacular and concert on Wednesday the third of July. The concert begins at 7 pm and the fireworks will begin at 9pm, at the Gazebo at the Lakeview Ave. Jr. High School. Our Annual MVNP BBQ of chicken with all the fixings will be held on Thursday July 25th at 11:30. Please reserve with Debbie by Thurs. July 18th. a \$2 donation is suggested.

Farmers Market Coupons will be available on Wed. August 7th. Please see inside this issue on eligibility for the coupons.

The Volunteer Recognition is a 50's & 60's Diner Theme. Also this is the day that all our artists display their art work. All volunteers are welcome to enjoy a delicious breakfast starting at 9am. Ray Tremblay will entertain us with a rendition of songs from the 50's & 60's and a bingo game to follow. Please RSVP by Monday July 29th.

Quick Tips begin on Friday the 5th going to Wal-Mart and Scola's. On the 12th The Methuen Loop and Joe's Crab Shack. On to Ocean State's and Al Fresca on the 19th and ending the month on the 26th it's Kohl's & Michael's in Chelmsford with lunch at Dracut House of Pizza.

Join us on Tuesday the 9th for our feature presentation of Identity Thief, lunch will consist of stuffed shells and toss salad, served at 11:30, the movie will follow. Please reserve your lunch with Debbie.

Remember the senior center is a cooling center. Come and spend July with us and stay cool. This time of the year it's best to drink plenty of fluids, stay out of the heat to prevent de-hydration.

We can't help but feel patriotic this time of year. Americans flags and decorations adorn our homes, public places and our parks, expressing our public spirit. This month we raise our flags, enjoy BBQ's, admire beautiful art and honor our volunteers who help make the Dracut COA, The Best Place in Town.

God Bless America!!

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 Fluery
Louis Darvirris
Omer Matte

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

Social Services

July 2013

What year was the Declaration of Independence signed? 1726, 1546, 1776 As we all know it was 1776!

History Question-When was the first seat belt law introduced in the U.S.? 1972, 1979, 1984. The first seat belt law was passed in New York in 1984. By 1995 all states, except New Hampshire, had mandatory seat belt laws. Have a wonderful Fourth of July celebrating all the freedoms we enjoy in our great country, and please remember & honor all our Veterans!

Happy Fourth of July & God Bless America!
Donna Houston, Outreach Coordinator

Summertime is here, with that comes hot weather. Stay cool and watch a newly released movie here at the center with popcorn, cold drinks in our air conditioned room. It's free and it happens every 2nd. Tuesday of the month at 12noon. This months movie is a comedy, **Identity Thief** with **Jason Bateman & Melissa McCarthy**

.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. **NO MEALS ON FRI. JULY 5th**

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. 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. July 10th**. 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 Thank you to the Dracut Senior Citizens club for sponsoring the June veterans breakfast.**

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. 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

**Many thanks to the Dracut D.P.W.
workers for their donations of the out-
door flowers, and for the wonderful
plantings.**

**Thank to all who donated to the "One
Fund" for Boston Marathon Victims.
\$516.00 was raised.**

JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Cards/Pool/Chess 1 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p style="text-align: center;">Cards/Pool/Chess 2 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00...Art Classes 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 3 Wii/Foosball</p> <p>10-11.....Bone Builders 12:00...Ice Cream Stand 1-2.....Bone Builders</p>	<p style="font-size: 1.2em;">4</p> <p>INDEPENDENCE DAY</p> <p>CENTER CLOSED FOR HOLIDAY</p>	<p style="text-align: center;">Cards/Pool/Chess 5 Wii/Foosball</p> <p>NO MEALS TODAY 9:00.....Bowling 9-10.....Line Dancing 9:30..Walmart & Scola's 12:00...No Cribbage Today 1-2.....Bone Builders</p>
<p style="text-align: center;">Cards/Pool/Chess 8 Wii/Foosball</p> <p>10:00.Affordable Hearing (Free Hearing Screening) 10:00.....Bone Builders 10:30.....Bingo</p>	<p style="text-align: center;">Cards/Pool/Chess 9 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie (Identity Thief) 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 10 Wii/Foosball</p> <p>9:30-1:00.....Shine 10-11.....Bone Builders 12:00...Ice Cream Stand 1-2.....Bone Builders</p>	<p style="text-align: center;">Cards/Pool/Chess 11 Wii/Foosball</p> <p>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</p>	<p style="text-align: center;">Cards/Pool/Chess 12 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Methuen Loop & Joe's Crab Shack 12:00.....Cribbage 1-2.....Bone Builders</p>
<p style="text-align: center;">Cards/Pool/Chess 15 Wii/Foosball</p> <p>10:00.....Bone Builders 10:30.....Representative Colleen Garry will hold Office hours 1:00.....Bingo !:00..... Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 16 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 17 Wii/Foosball</p> <p>10-11.....Bone Builders 12:00...Ice Cream Stand 1-2.....Bone Builders 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 18 Wii/Foosball</p> <p>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 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 19 Wii/Foosball</p> <p>9:00.....Bowling 9-00.....Line Dancing 9:30...Ocean State & Al Fresca Ristorante 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki</p>
<p style="text-align: center;">Cards/Pool/Chess 22 Wii/Foosball</p> <p>10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 23 Wii/Foosball</p> <p>9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 24 Wii/Foosball</p> <p>10-11.....Bone Builders 12:00...Ice Cream Stand 1-2.....Bone Builders 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 25 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 11:30 ..MVNP Annual Chicken BBQ 1:00.....Bingo 1:30-3;45...Nurse Nancy 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 26 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Kohl's, Michaels in Chelmsford & Dracut House of Pizza 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki</p>
<p style="text-align: center;">Cards/Pool/Chess 29 Wii/Foosball</p> <p>10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 30 Wii/Foosball</p> <p>9:00- 10:00.....Energetics 10:00..Grocery Shopping 10:30-11:30.....Bone Builders 12:30Knit/Crochet 1:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 31 Wii/Foosball</p> <p>10-11.....Bone Builders 12:00...Ice Cream Stand 1-2..... Bone Builders 1:00.....Reiki</p>		



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill
will resume in Sept.
Wednesdays 9:00-11:00
8 Weeks at \$15.00

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
July 2, 9 & 16th will finish the last of this 8 week session. No classes in Aug. 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

Lift Your Spirits

REIKI

July 15 - July 31st
Appointments start at 1:00pm
each session is 20 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.

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

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 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 JUNE

DINNER & MOVIE

Tuesday July 9th
at 11:30

Dinner: Stuffed shells & salad. Call Debbie at 978-957-0129 two days in advance to reserve your dinner.

Free Movie Starts at 12 Noon

Movie: Identity Thief (Comedy)

Unlimited funds have allowed Diane to live it up on the outskirts of Orlando. There's only one glitch: she's financing her shopping sprees with an ID stolen from Sandy Patterson. An accounts rep who lives halfway across the U.S. Sandy hits the road to confront the woman with an all access pass to his life and coerce her into making the 2,000 mile road trip back to Colorado to set things right.

Staring: Jason Bateman & Mellissa McCarthy
popcorn & drinks served

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

Please call for appointment at 978-957-2611.

Representative Colleen Garry

Will hold office hours at the COA on
Monday July 15th. at 10:30 am.

FOXWOODS DAY TRIP

Wednesday July 17, 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: Aug. 28th, Oct. 4th & Nov.15th

Quick Trips for July 2013

Friday-July 5th..Walmart & Scola's

Friday-July 12th..Methuen Loop & Joe's Crab Shack

Friday-July 19th..Ocean State & Al Fresca Ristorante

Friday-July 26th..Kohl's , Michaels in Chelmsford & Dracut House of Pizza

DRACUT GARDEN CLUB

During the month of July, the Dracut Garden Club will be asking for your help in compiling a booklet of garden tips. Do you have a favorite idea to share? Did you or your parents have a "Victory Garden"? Do you use organic products in your own garden? Questionnaires are available in the COA office.

MVNP ANNUAL CHICKEN BBQ

Thurs. July 25th at 11:30am

Chicken BBQ with all the fixings

Sign up with Debbie by **July 18th**, \$2 donation suggested.

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**

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 (978) 686-1422

July 2013 Client Menu

1 High Sodium Meal					<i>No Meal Served</i> <i>July 5th Celebration</i>	
Hamburger	Pier 17 Baked Fish	Chicken Breast with Gravy			<i>No Meal Served</i> <i>July 4th &</i>	
Ketchup /LS Potato Chips	Whip Potato & Chives	Whipped Potato				
Baked Beans	Carrot Coins	Peas & Carrots				
Kernel Corn	Fruit Cocktail	Chocolate Pudding				
Pineapple	Oatmeal Bread	Diet Pudding				
Hamburoer Bun	Calories: 371 Sodium: 5561	Whole Wh Dinner Roll				
8	9	Calories: 411 Sodium: 464				
Swedish Meatballs	Stuffed Shells with	Grape Juice				
Whipped Potatoes	Marinara Sauce	Tangerine Chicken				
Green Beans	Parmesan Cheese	White Rice				
	Peas and Carrots	Broccoli & Cauliflower				
	Toss Salad/LS Dressing	Mixed Fruits				
	Fresh Orange	Whole Wheat Bread				
	Italian Bread Stick	Calories: 307 Sodium: 109				
	Calories: 566 Sodium: 755	10				
15 High Sodium Meal	16	Calories: 480 Sodium: 552				
LS Hot Dog	Chicken Breast Fillet	Baked Macaroni & Cheese				
Mustard & Relish Packets	Red Bliss Whip Potato	Stewed Tomatoes and				
Baked Beans/Coleslaw	Scandinavian Veggies	Green Beans				
Fruited Gelatin	Cranberry Sauce	Toss Salad/LS Dressing				
Diet Gelatin	Peaches	Fresh Apple				
Hot Dog Roll	Italian Bread	Dinner Roll				
Calories: 750 Sodium: 1974	Calories: 429 Sodium: 765	Calories: 480 Sodium: 552				
22	23	Calories: 504 Sodium: 589				
BBQ Pork Patty	Meatballs with Pasta	Shaved Steak Sandwich				
LS Potato Chips	and Marinara Sauce	with Peppers and Onions				
Peas and Carrots	Parmesan Cheese	LF Mayonnaise & Ketchup				
	California Blend Veggies	Potato Wedges/Kernel Corn				
	Fresh Banana	Lorna Doones				
	Bread Stick	Sub Roll				
Calories: 385 Sodium: 489	Calories: 496 Sodium: 441	Calories: 504 Sodium: 589				
29	30	Calories: 523 Sodium: 536				
Apple Juice	Grilled Chicken/LS Mayo.	Meatloaf and Gravy				
Broccoli, Egg & Cheese	LS Potato Chips	Whipped Potatoes				
Bake	Kernel Corn	Peas and Carrots				
Stew Tomato & Zucc.	Cranberry Sauce	Vanilla Pudding				
Fig Bar	Mixed Fruits	Diet Pudding				
Low Fat Muffin	Sandwich Roll	Whole Wheat Bread				
Calories: 522 Sodium: 636	Calories: 423 Sodium: 464	Calories: 534 Sodium: 561				
	31	Calories: 504 Sodium: 589				
	Roast Turkey with Gravy	Roast Turkey with Gravy				
	Mustard	Cranberry Sauce				
	Toss Salad/LS Dressing	Whipped Potatoes				
	LS/LF Potato Salad	California Blend Veggies				
	Fresh Banana	Peaches				
	Light Rye Bread	Whole Wheat Dinner Roll				
	Calories: 363 Sodium: 894	Calories: 304 Sodium: 661				

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.