

**GRAPEVINE****May 2016****Claire W. Teague Senior Center \* 917 South Main Street \* Great Barrington \* MA, 01230****Polly Mann, Director ... Mimi Hassett, Assistant Director****Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM****Center: 413-528-1881...Dining Room: 413-528-4118****Transportation: 413-528-4773**

The **90's Celebration Luncheon** will be on **Thursday May 19th** at the Claire Teague Senior Center. We will be celebrating our seniors 90 and older with a free lunch and other festivities. Special music will be Mary Ann Palermo sharing her Guitar and voice.

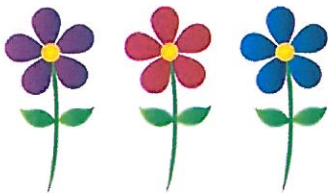
**"WOMEN OF WISDOM" SERIES** to begin 10 AM on May 11 with Host: Rita Dichele. This a 3 session presentation and discussion series addressing the significant women figures who have or are influencing history. *Session #1:* May 11; "Women Pioneers"; *Session #2:* May 18; "Women Late Bloomers"; *Session #3:* May 25; "Women in Scripture".

**Health Fair Saturday May 21 10AM—3 PM** Come to the Claire Teague Senior Center and meet our local vendors and providers of home care services will be on hand . There will be displays, demonstrations, and prizes/ giveaways all day long. Vendors and providers will answer your questions and provide you the most current and up to date information to meet your needs. Healthy food will be provided as you speak with our many participants. Raffle prizes include free transportation tickets, foot nurse certificates, basket of gifts, Big Y gift certificate, and Free Seniors Helping Seniors transportation certificates.

**BROWN BAG:** Remember to bring your prescription meds, supplements and herbal medications for a free medication review.

Healthy Grilled food such as Turkey dogs, turkey burgers, peaches and veggies for a nominal fee.

SBETC will provide free transportation for this event. Call 528-4773 to arrange transport.



**May lunches:** We will be returning to Elder Services meals on Wednesdays unless we have a special in house lunch planned. For the month of May we have two "In house lunches, Wednesday May 18<sup>th</sup> Bob Avery will be serving : Pork Tenderloin, applesauce and baked potato.

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**Mother's Day** Tuesday May 10th special desserts and prizes. Come and celebrate the "Mothers" in your life and enjoy a good time at the Center after lunch.

**It's Lili's Story**

Hear violinist Lili Harvitt tell her story as a young Jewish child during the Holocaust when Lili was hidden from the Nazi Death Squads by a Dutch family in Amsterdam.

*Friday May 6th 10:00-12:00*

**Also enjoy a special performance by Lili on violin accompanied by cello during lunch.**



u19719703 fotosearch.com



**Arts and Crafts Classes****Wednesday:**

4PM Decorative Arts (\$5.00)

**Thursday**

9:30 AM Painting with Vera

12 Noon: Crafty Hands (Free)

12:30 Drawing with Eunice (\$10)

**Interested in taking beginner guitar?** We have a talented instructor ready and willing to teach you at no cost. Lessons with John Kilner Call 528-1881 for more information and to sign up..



**Beginner Piano** with Mary Warford: on Monday's at 1 PM. Join the fun in learning to stroke those keys and make music. We are all beginners at some point....

**Tax Amnesty** available before May 31, 2016. More information is available at [mass.gov/Tax](http://mass.gov/Tax) Amnesty including FAQ's.

**Matter of Balance Class** being held here at the Claire Teague Center from 1:00-3:00pm on Tuesday Dates: May 31 continuing in June 2,9,15,16,22,23 and 28<sup>th</sup> This is a series of 8 classes that include tips to reduce fear of falling and increase strength and balance. Please 413 445-9232 to register and get additional information. This program is being offered through the Berkshire Public Health Alliance with only 16 seats available . (FREE)

**Joyce's Kumihimo Class** (Japanese Weaving): Joyce Weeks will be conducting a class on the art of Japanese Weaving in May. Using a Kumiloom the class will make 2 bracelets. Call 528-1881 for info.

**NOTICES:** Please call Claire Teague Senior Center 528-1881 for more details on any of the following notices.

**Bridge Players Needed!** Join an active bridge club. Games are played on Tuesday and Friday afternoons at 12:15PM.

**TURN TABLE:** Anyone out there have an old turn table they want to donate to the Claire Teague Senior Center? We have some old albums we'd love to play again!!

**Housatonic Gardening Help?** : Need help in your vegetable garden and live in Housatonic? We have a volunteer gardener that is available to help you weed and assist in your garden.

**Exercise Classes****Monday**

9:15AM Cross Training with Misha (\$3.50)

10AM Awareness Through Movement Misha (floor) (\$3.50)

1PM Balance and Movement with Theresa (Chair) (\$3.00)

2PM Intermediate Tap Dancing with Carolyn (\$5.00)

**Tuesday****10 AM Pilates with Kathy Casey (\$2.00) (NEW)**

3:30PM Strength Training with Christine (\$3.00)

**Wednesday**

9:30AM Easy Does it Yoga with Joanne (\$3.00)

**Thursday**10 AM: **(NEW)** Therapeutic Movement /Breathing Class with Suzanne (\$2.00)

4PM Misha's Advanced Class (\$10.00)

**Friday**

9AM Tai Chi with Christine (\$3.00)

10AM Chair exercises with Harriet (Free)

**RELAY for LIFE** is a benefit for the American Cancer Society. The event will take place at Monument Mountain Regional High School in Great Barrington on June 24—25. Teams are organized to participate in an all day/night walk, luminaria's can be purchased by folks to memorialize family and friends. When these are illuminated at dusk it is a powerful sight. Call 528-1881 for additional details.

*You can also support the event by joining a Pancake Breakfast from 7 AM – 10 AM at the school on June 24.*



May 1 Delores Stein

May 2 Polly Mann

May 2 Susan Dillar

May 4 Janet Bratteseni

May 5 Maureen Avery

May 6 Joy Pratt

May 6 Bernice Olsen

May 8 John Boddie

May 13 Helen Stockwell

May 16 Peggy Sullivan

May 17 Wes Orlowski

May 13 Helen Stockwell

May 18 Winifred Staunton

May 18 Jesse Martin

May 8 John Boddie

May 22 Eugene Kalish

May 23 Eileen Gaarn

May 27 Theresa Macchi

May 31 Raymond Phillips



## Berkshire Traveler's TRAVEL CLUB

**May 17: Age of Disruption Tour and Dinner: Not too late to get your ticket...** Gather a group of friends and join the fun and informative evening in Pittsfield. Leave the center by van at 4:00 PM to go to the newly remodeled 99 Restaurant for dinner and then to the Colonial Theatre for a pre-performance party. At 7PM Dr. Bill Thomas will provide a signature "non-fiction theater" featuring an engaging blend of myth, science, original music and storytelling. It is a joyful, and highly disruptive view of aging. Cost: \$15 includes transportation and show (not including dinner) Call Polly at 528-1881 for more details

This is part of the *Berkshire's Age Friendly Initiative*.

### Upcoming Trips

**Thursday May 5th: Lunch and Show...** Teague Tappers will be participating in the Annual Pittsfield Senior Center Talent Show. Come support our local Claire Teague Tappers. Arrive at Ralph Friorio Center (Pittsfield Senior Center) by 11:30 for lunch, a short tour of the center and the Talent show begins at 1 PM. Always a fun event. If you need transportation call 528-1881.

**June 22:** Strawberry Festival/ BBQ Luncheon; Hotel California Eagles Tribute Band Show; SBTEC Van Trip for 12 persons, Cost \$47 p/p includes server tip and meal tax. More information available at the Claire Teague Senior Center. Or call Grace Zbell at 528-0230

**Wednesday Walks** Each Wednesday we will carpool or meet at the sites at 1:30. Each site is rated easy and is fairly flat but wear good shoes, water bottles, hats, sunscreen or bug spray as needed. The bugs should not be too bad in May which is a wonderful time to hike. Sign Up in Dining Room

FIRST Walk: **Wednesday May 4 leaving at 1:15 PM:** SPRING FLOWER FESTIVAL at **Bartholomew's Cobble**.

Wednesday May 11<sup>th</sup> **Housatonic Flats...** By the river, more open Leaving the senior center at 1:15

Wednesday May 18<sup>th</sup> **Mary Flynn Walk** Park Street in Stockbridge, wheelchair accessible, wooded, plank trail leaving the senior center at 1:15

Wednesday May 25<sup>th</sup> **Fountain Pond** Dirt trail easy to moderate walking Leaving the senior center at 1:15



## Monthly Center Events

- Monday Movie - (1st Monday) Monday May 2 at 12:15 "Nebraska"
- Breakfast with Barbara and Virginia (3rd Tuesday) May 17
- SHINE Consulting every Monday by appt.
- Veterans Lunch( 2nd and 4th Thursday) May 12 and 26... *Veterans' Lunch compliments of Veterans Agent*
- Out to Lunch Bunch- (2nd Monday) Monday May 9 at 11:30 AM at Pizza House
- Gad Abouts: (4th Friday) May 27 at 5pm at Salmon Run
- BP Checks by Gentiva (Last Thursday) May 26
- Brown Bag (2nd Wednesday) May 11 at 12 Noon.  
*Note: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds please.*
- AVADA Hearing (1st Tuesday) May 3 by appointment. (413) 442-0184
- Foot Nurse: (2nd Monday and Friday) May 9 and May 14 from 9-12 by appt.
- A.G.E. TRIAD meeting May 11 at 2 PM
- Council on Aging Meeting May 25 at 1:15 PM
- Women's Cancer Support Group will meet on Thursday May 12 and 26 from 4PM to 5:30 PM.
- Quilting Guild will meet on Tuesday May 10 at 7PM.
- Caregivers' Support Group will meet on Wednesday May 25 from 1PM to 2:30 PM
- Grief Support Group: May 9 and 23 at 5:30 PM to



## Summer Theatre Tours

May 17: Colonial Theatre Age of Destruction

June 22: Strawberry Festival/BBQ Luncheon

July TBD: Barrington Stage "The Pirates of Penzance"

August 2: "Tanglewood on Parade"

August TBD: Mac Haden Theatre "Sister Act" By Van

**CRAFTERS ALERT:** We will be having a craft fair on Saturday, July 9<sup>th</sup> at the Claire Teague Senior Center. The Friends will be hosting the gathering, and the cost for a space will be \$15.00 but seniors can reserve their space for \$12:00 We will be anticipating a display of handmade items and crafts for the tables. Additional details to follow. **SAVE THAT DATE.** And come enjoy the crafts and company.



### ***Much Appreciated.....***

- Eunice Agar did a wonderful job coordinating a very successful art show.
- Carolyn Cilandro and all the tap dancers put on a brilliant variety show.
- Thank you to the AARP TAX Volunteers for the many hours they put in assisting seniors with their tax returns.
- Thank you to Bill Seymour for his presentation and efforts to educate us on the finer points of beekeeping and sweet honey.
- A big thanks to Glenna Blackwell for her very informative presentation on the adventures of piloting.
- Glad to have David Rutstein back with his "News and Views, thank you David
- Thank you to Bob Avery for the delicious mac 'n cheese lunch he served us, look for his next lunch on May18th
- Sandra Sokul for her beautiful handmade cards and invitations she donates to the Senior Center
- Kudos to Devonshire Estates and their staff for suppling us with the desserts for the Art Reception.



Fairview Hospital honors volunteers : Fairview Hospital celebrated the contributions of more than 50 volunteers at its annual Volunteer Appreciation Lunch on April 11 . Volunteer Services reported that 46 volunteers had logged over 6,000 hours at Fairview. Special recognition was given to Martha Wool of Great Barrington, who received a "Fairview's Finest" certificate for being recognized by a patient for her work; and Rachel Shaw of Egremont, who has served as the bookkeeper of Fairview's gift shop for over 40 years.

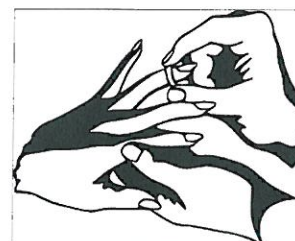
### **"MEET AND GREET" POT LUCK**



*You are invited to a "meet and greet" potluck to celebrate the upcoming marriage of Polly and Lou April 30<sup>th</sup> at 12:30 in the dining room at the senior center*

### **WEDDING CEREMONY**

*You are cordially invited to attend the wedding of Polly and Lou at the First Congregational Church in Great Barrington Saturday June 4<sup>th</sup> at 11:00 am.*



# MAY 2016

*Last month's winner by drawing: Kate Basler*

*Below is a list of words taken from our November Newsletter and hidden in the above search square. The words are displayed horizontally, vertically, or diagonally.*

*Note: a word may be reversed*

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G S P T N Q Z H U Z N Q G J C V W K B C E R Y N
M B A K U U P F B E O G F A U E O P I Z V A O L
Y A L M L O Q I B R E P L A D K L Q K P M D F Z
C C T D O Y K R Z E C N B N I I Y P R E G T Y C
P N L T Q H A O P Z R S E B D M V C D K O T A J
C I I D E S T E O O A S Z N C U T D U E B S R C
S N L D K R O L G C D H C D X O N D H L A F K M
N E I A K O O Q L A N I O L R E D N E T K R O P
O T S C T K K F Y I Q Q G U Q C H V P W K D W R
S Y T B N E Y W B G B Z J L S B K Y D Y S H A C
S Y O M P M A G D A N S K G G E F H H I D L A A
E E R B Y L D G U L L I W N D H P P W G P C P A
L A Y Y K S S O U N L A D O B X P F G H Y T P K
R R Y S W L R O Z E R G N D M H O Y F H G R R C
A S V M A V E C C T T B D C E N Y R J F E I E U
T O Q H N A H U V A G A E W E W I A L G A U C L
I L X Z H B T E Y G S R P M J O S L C F D R I T
U D X Z X I O L Y W U D O P R G D Y H X N D A O
G O M I H I M U K N R W P I E F Z T L U I F T P
T A X A M N E S T Y R V O X K R L K U L O B I A
S P R I N G F L O W E R S Q M A S E Y C O L O O
K A A C L P S C J A W J P N E B Y M H S M P N P
Z V V C L B P L K E K N T H O B P Z Z X X P T X
I H Z K J W I M I N O I T A R B E L E C T O L U
  
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APPRECIATION  
BILL THOMAS  
CELEBRATION  
COOKOUT  
GUITAR LESSONS  
HEALTH FAIR

MATTER OF BALANCE  
MAY  
MOTHERS DAY  
NEBRASKA  
NINETY YEARS OLD  
PIZZA HOUSE  
POLLYS WEDDING

POT LUCK  
RALPH FRIORIO  
SPRING FLOWERS  
TAX AMNESTY  
TEAGUE TAPPERS  
WEDNESDAY WALKS  
WOMEN OF WISDOM

To be eligible for a monthly winner drawing just fill in your name and phone number and return your completed search to Mimi at the Senior Center.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



MAY 2016				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Salisbury Steak 12:00 Movie: Nebraska 1:00 Beginner Piano 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate	8:30 Coffee Hour 9:00 AVADA Hearing (by Appt) 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Chicken Salad 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training	8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: Lasagna with Meat Sauce 12:30 Cards 1:15 Bartholomew's Cobble Walk 4:00 Decorative Arts	8:30 Coffee Hour / 9:30 Bingo 10-11 News & Views 10 Therapeutic Movement /breathing 11:30 Lunch: Roast Pork 12:00 Crafty Hands /12:00 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise Lunch/ Show: Pittsfield Senior Center	8:30 Coffee Hour 9:00 Tai Chi 9:30-11:30: Genealogy by appt 10:00 "It's Lili's Story" Presentation 10:00 Harriet's Chair Exercise 11:30 Lunch: Boneless Chicken/ Gravy 11:30 Special Music 12:00 Bridge 2:00 Intermediate Tap
8:30 Coffee Hour / 9:15 Cross Training 9:00 – 12:00 Foot Nurse 10:00 Awareness through Movement 10:00 Beginner Piano 10:30 SHINE by Appt 11:30 Out to Lunch :Pizza House 11:30 Lunch: Mac and Cheese 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	8:30 Coffee Hour 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Roast Turkey 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training	8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Women of Wisdom (NEW) 11:30 Lunch: Bone-in Chicken/Gravy 12:00 Brown Bag 12:30 Cards 1:15 Housatonic Flats Walk 2- 3:30 TRIAD Meeting 4:00 Decorative Arts	8:30 Coffee Hour / 9:30 Bingo 10-11 News & Views 10 Therapeutic Movement /breathing 11:30 Lunch: Calico Beans/Sausage 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class: Eunice Agar 1:00 Japanese Weaving 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	8:30 Coffee Hour 9:00 Tai Chi 9:00 – 12:00 Foot Nurse 9:30-11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Breaded Alaskan Pollack 12:00 Bridge 1:00 Japanese Weaving 2:00 Intermediate Tap
8:30 Coffee Hour 9 – 12 Noon Foot Nurse 9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Chicken / Orange Sauce 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	8:30 Coffee Hour/9:30 Bingo 8:30 Breakfast with Barbara/Virginia 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Beef Chili 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training Dinner Trip: Age of Destruction	8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Women of Wisdom (NEW) 11:30 Lunch: Bob's: Pork Tenderloin applesauce and baked potato 12:30 Cards 1:15 Mary Flynn Trail 4:00 Decorative Arts 7:00 Historical Society: Old Cars	8:30 Coffee Hour /9:30 Bingo 10-11 News & Views 10 Therapeutic Movement /breathing 10:30 90's Celebrations Lunch 11-12 Mary Ann Palermo Music 11:30 Lunch: Baked Ham 12:00 Crafty Hands/12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise	8:30 Coffee Hour 9:00 Tai Chi 9:30-11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Chicken-A-La-King 12:00 Bridge 2:00 Intermediate Tap
8:30 Coffee Hour 9:15 Cross Training 10 Awareness through Movement 11:30 Lunch: Veal / Peppers 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	8:30 Coffee/9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Chicken Picatta 12:00 Bridge / 12:30 Bingo 12:15 Computer Class 3:30 Strength Training	8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Women of Wisdom (NEW) 11:30 Lunch: Beef Burgundy 12:30 Cards 1:00 Caregiver Support Group 1:15 Fountain Pond Walk 1:15 COA Meeting 4:00 Decorative Arts	8:30 Coffee Hour/9:30 Bingo NEW Time 10-11 News & Views 10 Therapeutic Movement /breathing 10:30 Gentiva Blood Pressure Checks 11:30 Lunch: Tuna Salad 12:00 Crafty Hands /12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	8:30 Coffee Hour 9:00 Tai Chi 9:30-11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 10:30 SHINE by Appt 11:30 Lunch: Cheeseburger 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts: Salmon Run
<b>CENTER CLOSED</b> 	8:30 Coffee / 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Italian Meatballs/Sauce 12:00 Bridge 12:15 Computer Class /12:30 Bingo 1-3 Matter of Balance 3:30 Strength Training	<b>HEALTH FAIR</b> <b>Saturday May 21 ... 10-3PM</b> <b>Vendors, Presentations, Raffles,</b> <b>Giveaways</b> <b>FREE TRANSPORTATION</b> <b>(Call 413-528-4773)</b>	<b>SAVE THE DATE (s)</b> <ul style="list-style-type: none"> <li>Matter of Balance 1-3PM; May 31 and Tuesdays in June</li> <li>June 4: Polly's Wedding</li> </ul>	<b>For More Information and to Schedule Appointments</b> <b>call: 413-528-1881</b> <b>Lunch RSVP: 413-528-4881</b>




# Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

MAY 2016

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	Salsbury Steak w/ gravy Roasted Potatoes Peas & Carrots 100% Whole Wheat Bread Peaches Calories: 615	<b>3</b>	Tomato Rice Soup Chicken Salad Broccoli Hamburger Roll Fruit compote Calories: 842	<b>4</b>	Lasagna w/ Meat Sauce Spinach Cauliflower Italian Bread **Vanilla Pudding w/ topping Calories: 691	<b>5</b>	<i>Mother's Day Menu</i> Roast Pork w/ Gravy Mashed Potatoes Zucchini Dinner Roll Applesauce **Chocolate Chip Cookie Calories: 934	<b>6</b>	*Boneless Chicken w/ Gravy Noodles Mixed Vegetables Oatmeal Bread Pineapple Tossed Green Salad (Corn) Calories: 531
<b>9</b>	Macaroni & Cheese Green Beans Stewed Tomatoes Multigrain Bread Pears Calories: 586	<b>10</b>	Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Dinner Roll Mixed Fruit Calories: 688	<b>11</b>	Bone In Chicken w/Gravy Sweet Potatoes Broccoli Rye Bread Banana Calories: 654	<b>12</b>	Calico Beans w/Sausage Brown Rice Spinach Oatmeal Bread **Chocolate Pudding w/ Topping Calories: 808	<b>13</b>	Minstone Soup Breaded Alaskan Pollock Sugar Snap Peas 100% Whole Wheat Bread Pineapple Calories: 643
<b>16</b>	Chicken w/Orange Sauce Mashed Potatoes Mixed Vegetables Oatmeal Bread Applesauce Calories: 631	<b>17</b>	Beef Chili Brown Rice Fiesta Corn Biscuit Orange Calories: 693	<b>18</b>	 Pork Tenderloin Applesauce Baked Potato Calories: 654	<b>19</b>	* high sodium meal* Baked Ham Sweet Potatoes Broccoli Dinner Roll Mixed Fruit Calories: 527	<b>20</b>	Chicken a la King Mashed Potatoes Green Beans Rye Bread Applesauce Calories: 625
<b>23</b>	Veal w/Peppers Brown Rice Mixed Greens Multigrain Bread Pears Calories: 841	<b>24</b>	Chicken Picatta Rosemary Potatoes Beets Oatmeal Bread Apple Calories: 551	<b>25</b>	Beef Burgundy Mashed Potatoes Mixed Vegetables Dinner Roll **Fruited Gelatin w/ Topping Calories: 717	<b>26</b>	Tuna Salad Pasta Salad Tossed Green Salad Hot Dog Roll Pineapple Calories: 691	<b>27</b>	*Cheeseburger (Roll part of Cheeseburger) Roasted Potatoes Winter Squash Mixed Fruit Calories: 654
<b>30</b>		<b>31</b>	Italian Meatballs w/Sauce Penne w/sauce Spinach Italian Bread Peaches Calories: 733						

**Dietary Information:** All meal totals include 1% Milk, 102 calories/107 mg sodium. Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium Entree \*\*Modifications for restricted sugar available. Nutrition information provided is not exact but will help guide you.

**HOME DELIVERED MEALS:** If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

If you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201