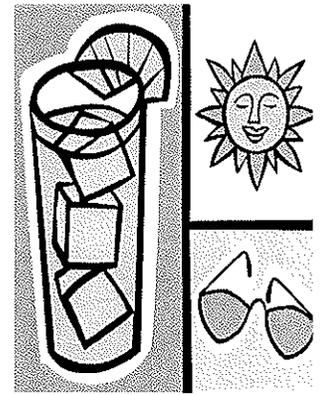


ASHBURNHAM COUNCIL ON AGING

NEWS AND EVENTS FOR SENIORS



32 Main Street
Ashburnham, MA 01430
Telephone 978-827-5000

MISSION STATEMENT

The Ashburnham Senior Center supports a healthy and enriched life by: Nurturing new skills and experiences; Encouraging senior activity and mobility; Enabling independent living; Facilitating forms and procedures including financial and governmental.

Activities are as follows:

The Senior Center is open 9 A.M. to 2 P.M. Monday through Thursday. Lunch is served Monday-Tuesday & Wednesday at 12:00 Noon. Please call the Senior Center 24 hours in advance to reserve your lunch. Blood Pressure Clinic 2nd Tuesday of the month from 11-12:00.

LINE DANCING—Monday & Thursday 10-11:00 AM
BINGO- Wednesday at 1 P.M.-2 P.M.
Last Tues. of the month pizza & bingo
PAINTING-Thursday 12:00-2:00
CRAFTS: Knitting, crocheting, etc..
Tuesday & Wednesday 9 A.M.-12

We also just acquired a WII game and fitness board. Come to the Center and try it out for fun! It's good exercise for the mind and body! Many games to try and levels of fitness and balance!!

RIDES FOR SENIORS

The Ashburnham Council on Aging offers rides to seniors and disabled residents for long distance medical appointments. To avoid a scheduling conflict, we ask that you call the senior center at (978-827-5000) prior to making your appointment for available dates and times.

Local rides for shopping, hairdresser appointments, doctor visits, etc. are also available by making your reservations 24 hours in advance by calling 978-827-5000.





Upcoming trips:

August 2, 2012-Kittery Maine Outlets and Dining at the Weathervane Restaurant-Cost is \$6.50 per person.

August 16, 2012-Trip to Mohegan Sun-Cost is \$7.50 per person.

August 19, 2012-Pawtucket Paw Sox Game-Cost is \$11.00 per person.

August 23, 2012-Deep Sea Fishing-Cost is \$28.00 plus \$6.00 for rod. Spend half the day fishing out of Hampton, NH.

September 11, 2012-Whale Watch in Hampton, NH-Cost is \$30.00.

September 27, 2012-The Big E-Eastern States Exposition-Cost is \$2.00 per person.

November 29, 2012-Christmas Celebration at HU KE LAU—Restaurant & Dinner Theater-Cost is \$65.00 per person

For more information on any of these trips or to book your trip please call Betty at 978-827-1230.

The COA is always in need of new Board members. Open to all ages. Meetings are held the second Tuesday of the month at 10:00 A.M. If interested in attending a meeting please come and join us!!

Upcoming Events

August 15th-Annual cook-out with Gardner, Ashburnham & Westminster at the PACC in Gardner at 12:00.

August 18th-Sheriff's Annual Senior Picnic at the SAC Park, 348 Lake St, Shrewsbury, MA , from 11:00 AM to 3:00 PM. Fun filled day of complimentary lunch, raffles and bingo in honor of our seniors! Sponsored by Worcester County Sheriff Lew Evangelidis and the Worcester County Reserve Deputy Sheriff's Association.

August 27th-Body by Vi TM Challenge Party! Nutritional information for weight loss or weight gain, and how to stay healthy! Lunch & drink will be served and free tasting samples of products and so much more. 12:00-1:00 PM- Come see what this is all about!!

Save the Date—October 9th from 10:00 to 12:00. Health Fair at the Senior Center!! More info in the Fall newsletter!!

MOC Elder Services
 For cancellations please call
 978- 345-8501

August 2012
 Menu is subject to change without notice
Suggested voluntary donation: \$2.25

All meals include 1% milk
**** denotes high sodium meals**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Pork w/ Herb Rub Brown Rice and Peas Peach Chutney Multigrain Bread Applesauce with c	2 Vegetable Gumbo Soup Chicken Salad w/cranberries Pasta Salad (Vinaigrette) ½ Pita Pocket Pineapple HDM: 3 Bean Salad	3 American Chop Suey California Blend Veggie Whole Wheat Bread Rice Pudding Diet: Chocolate Mint Pudding
		Calories:713 % Fat: 25 Sodium:305mg	Calories:693 % Fat: 19 Sodium:775mg	Calories: 658 % Fat: 34 Sodium:504mg
Teriyaki Chicken 6 Stir Fry Vegetables Brown Rice Whole Wheat Pita Pocket Pears	Meatballs 7 w/ Tomato Sauce Winter Blend Herbed Rotini Whole Wheat Bread Chocolate Pudding Diet: Vanilla Pudding	Minestrone Soup** 8 BLT Pasta Salad Cheese Stick 2 Slices White Bread Muffin Diet: Animal Crackers HDM: Minestrone Soup	Boneless Chicken 9 w/ Coq A Vin Sauce Mashed Potatoes Mixed Veggies (Vit A) Rye Bread Fresh Fruit	Hamburger w/ Mushrooms 10 Tater Tots Carrots Hamburger Bun Tropical Fruit
Calories: 580 % Fat: 14 Sodium:871mg	Calories: 699 % Fat: 24 Sodium:1116mg	Calories: 793 % Fat: 18 Sodium:1598mg	Calories: 599 % Fat: 15 Sodium:830mg	Calories: 723 % Fat: 29 Sodium:906mg
Potato Fish Wedge 13 Spanish Rice Corn Rye Bread Applesauce w/ C	Roast Chicken 14 w/ Supreme Sauce Sweet Potatoes Green Beans Whole Wheat Bread Tropical Fruit	SPECIAL ** 15 Kielbasa w/ Sauerkraut (2 oz) Hot German Potato Salad w/ Bacon Bits Carrots Hot Dog Bun Strawberry Rhubarb Crisp Diet: Strawberry Rhubarb (no crisp)	Split Pea Soup 16 Chicken Caesar Salad w/ Grated Parmesan Cheese Dinner Roll Tapioca pudding Diet: Strawberry Banana HDM: Cinnamon Applesauce HDM: Pasta and Pea Salad	Roast Turkey 17 w/ Gravy Stuffing Mixed Vegetables Whole Wheat Bread Pineapple
Calories:599 % Fat: 15 Sodium:684mg	Calories: 617 % Fat: 11 Sodium:686mg	Calories:687 % Fat:28 Sodium:1595mg	Calories:867 % Fat: 38 Sodium:1207mg	Calories:532 % Fat: 11 Sodium:867mg
Swedish Meatballs 20 w/ Swedish Sauce Mashed Potatoes Peas Whole Wheat Bread Chocolate Chip Cookie Diet: Graham Cookie	Portuguese soup 21 Seasoned Chicken Breast w/ Red Bell Pepper Pesto Three Bean Salad Hamburger Bun Orange HDM: Orzo and Spinach salad	Broccoli and Cheese 22 Bake Warm Peach Compote Home Fries White Bread Dried Fruit	Whole Wheat Lasagna 23 w/ Chunky Tomato Sauce Broccoli Green Beans Rye Bread Butterscotch pudding Diet: Chocolate Pudding	Roast Pork w/ Gravy 24 Sweet Potatoes Cabbage Whole Wheat Bread Applesauce
Calories: 666 % Fat: 28 Sodium:889mg	Calories: 677 % Fat: 24 Sodium:1145mg	Calories: 873 % Fat: 24 Sodium:728mg	Calories: 616 % Fat: 19 Sodium:1039mg	Calories: 523 % Fat: 21 Sodium:397mg
Hamburg (2 oz) and Ziti 27 Bake w/ Cheese (1 oz) and Peppers Carrots Whole Wheat Bread Pineapple HDM: Green Beans	Fish Sticks 28 Brown Rice Oriental Blend Vegetables White Bread Muffin Diet: Graham Crackers	Meatloaf 29 w/ BBQ Sauce Mashed Potatoes Peas Rye Bread Peaches	Vegetable Soup 04 30 Tuna Salad Pasta Salad (Vinaigrette) Hot Dog Bun Orange HDM: Carrot raisin pineapple salad	Breaded Chicken 31 Diced Rosemary Potatoes Spinach Whole Wheat Bread Vanilla Pudding Diet: SF Vanilla Pudding
Calories:697 % Fat: 24 Sodium:698mg	Calories: 640 % Fat: 20 Sodium:591mg	Calories: 763 % Fat: 24 Sodium:696mg	Calories: 634 % Fat: 19 Sodium:1075mg	Calories: 710 % Fat: 24 Sodium:1143mg

This program is made possible in part by funding from the Executive Office of Elder Affairs