

Ashburnham Senior Center Events Calendar
April 2013
Town Hall
32 Main Street
2nd Floor Auditorium

Hours of Operation: 9:00am to 2:00pm Monday through Thursday.

Forever Young Club meets the first Monday of every month at 1:00 on the 2^d Floor of the Town Hall.

The Council on Aging Board will meet the second Monday of the month in the Lower Level Meeting Room. All are invited to attend and we are in need of new members to join!

The Second Tuesday of each month is the Blood Pressure and Sugar Check Clinic held at the Senior Center from 11:00am to Noon no appointments needed — this is also your opportunity to ask the Nurse questions or concerns you may have.

WEEKLY EVENTS:

Line Dancing - Monday and Thursday at 10:00 a.m.

Bingo - every Wednesday at 1:00 p.m.

Pizza & Bingo - Last Wednesday of the month..

Arts and Craft Group - Knitting, Crochet, Cross Stitching, etc. - every Tuesday and Wednesday at 9:00am. Beginners are Welcome and encouraged to join.

Watercolor Class is every Thursday at 12:00 noon

If you are interested in starting a class or have ideas for a class, please call 978-827-5000 or stop by the Senior Center between 9:00 a.m. and 2:00 p.m. Monday through Thursday.

LONG DISTANCE MEDICAL RIDES FOR ASHBURNHAM SENIORS:

Ashburnham seniors and disabled (ADA approved) Ashburnham residents should be aware that the Ashburnham Council on Aging offers them long distance medical van rides for a minimal fee. As soon as the senior knows the date and time of the medical appointment, please call the Senior Center at 978-827-5000 to check van availability and to schedule their medical trip.

LOCAL VAN RIDES FOR ASHBURNHAM SENIORS:

Local rides for shopping, hairdresser appointments, doctor visits, etc. are provided to Ashburnham seniors and disabled (ADA approved) Ashburnham residents to Ashburnham, Westminster, Winchendon, Gardner, Fitchburg and Leominster. Please make your reservations 24 hours in advance by calling (978) 827-5000.

LUNCH:

Lunch provided at the Senior Center Monday through Wednesday 12:00 noon for a donation of \$2.25 Please call the Senior Center at (978) 827-5000 for Reservations and a Menu.

Meals on Wheels - If you are unable to make it to the Senior Center, call MOC at 978-827-5000 to arrange to have a meal delivered to your home.

Upcoming Events:

Monday, April 1st at 12:30. Come for an Apple Pie Social and the Forever Young Club meeting.

Tuesday, April 2nd at 12:30. Heart Health presentation put on by Sunrise Assisted Living of Leominster. Discussion will be on heart health with a "heart healthy" dessert being served.

Tuesday, April 9th at 12:30. Lamoureux Fletcher Funeral Home presentation on pre-planning.

Monday, April 15th closed for Patriot's Day Holiday.

Wednesday, April 17th from 11:00 to 12:00 PM. Osteoporosis: Are you at risk? Sponsored by the VNA Care Network & Hospice.

Monday, April 22nd at 12:30. Nashoba Nursing Service & Hospice presenting "Eating Right for Older Adults" with a registered Dietician and Certified Diabetes Educator. Refreshments served.

Tuesday, May 7th at 12:30, Elder Law Presentation with Devin Cormier. Light refreshments will be served.

UPCOMING TRIPS

April 25th-Kringle Candle Company in Bernardston MA. Cost is \$3.50. Lunch on your own. Depart at 9:00 AM Return approximately at 4:00 PM.

May 24th Foxwoods trip. Cost is \$7.50. Leave at 7:30 AM Return at 7:00 PM.

Monday, June 24th trip to Hampton Beach Sand Sculptures. Cost is \$5.50. Lunch on your own. Leave at 8:30 AM Return at 4:00 PM.

MOC Elder Services

For cancellations **please call**

978- 345-8501

APRIL 2013

Menu is subject to change without notice

Suggested voluntary donation: \$2.25

All meals include 1% milk
denotes high sodium entree

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI DAY

1 Minestrone Soup Meatballs w/ Sauce and Shredded Mozzarella Corn Wheat Hot Dog Roll Orange Juice Calories: 744 %Fat: 14 Sodium:1453	2 Diced Turkey and Cheese Tortellini with Red Pesto Sauce California Blend Whole Wheat Bread Peaches Calories: 575 % Fat: 11 Sodium:703	3 Cream of Vegetable Soup Breaded Chicken Red Bliss Potatoes Rye Bread Strawberry Jell-o Diet: Mandarin Oranges HDM: Green Beans Calories: 745 % Fat: 17 Sodium:1203	4 Roast Turkey w/ Gravy Mashed Potatoes with Sour Cream and Dill Carrots Whole Wheat Bread Mixed Fruit Calories: 567 % Fat: 18 Sodium:1012	5 Fish Sticks Brown Rice Pilaf Cole Slaw No Bread Turnover Diet: Graham HDM: Broccoli Calories: 683 %Fat: 32 Sodium: 826
8 Diced Chicken w/ Lime and Cilantro Peppers and Onions Spanish Rice Corn Bread Pineapple Calories: 661 % Fat: 23 Sodium:708	9 Vegetable Chili Macaroni and Cheese Broccoli Whole Wheat Bread Cranberry Juice Calories:917 % Fat: 30 Sodium: 1271	10**High Sodium Tomato Rice Soup Salisbury Steak w/ Gravy Mashed Potatoes Whole Wheat Bread Vanilla Pudding Diet: SF Butterscotch HDM: Carrots Calories: 707 % Fat: 22 Sodium: 1478	11 Roast Pork w/ Rosemary Gravy Sweet Potatoes Peas Whole Wheat Bread Applesauce, w/ C Calories: 406 % Fat: 20 Sodium: 277	12 Chicken Breast w/ Marcella Sauce Ziti with Herbs and Olive Oil Kale No Bread Muffin Diet : Apple Graham Calories: 561 % Fat: 20 Sodium:476
15 HOLIDAY	16 Potato Fish Wedge Rice Pilaf California Blend Whole Wheat Bread Peaches Calories: 621 % Fat: 27 Sodium: 774	17 Vegetable Gumbo Soup Roast Chicken w/ Apricot Glaze Brown Rice Whole Wheat Bread Apple Juice HDM: California Blend Calories: 664 % Fat: 23 Sodium:477	18 Broccoli Bake Home Fries Stewed Tomatoes Rye Bread Apple Muffin Diet: Graham Calories: 762 % Fat: 34 Sodium: 1225	19 Chicken Meatballs w/ Swedish Sauce Mashed Potatoes Peas and Carrots Whole Wheat Bread Mixed Fruit Calories:664 % Fat:24 Sodium: 995
22 Portuguese Kale Soup Roast Turkey w/ Gravy Butternut Squash w/ Brown Sugar and Cinnamon Whole Wheat Bread Grape Juice HDM: Mashed Potatoes Calories: 479 % Fat: 30 Sodium: 1157	23 SPECIAL Roast Beef /Au Jus Baked Potato Sour Cream Green Beans Whole Wheat Bread Strawberry Jell-o w/ Pears Diet: Fresh Orange Calories: 598 % Fat: 28 Sodium: 260	24 Autumn Harvest Soup Kielbasa Baked Beans Hot Dog Roll Pineapple HDM: Carrots Calories: 701 % Fat:21 Sodium:764	25 Boneless Chicken Breast w/ Hawaiian Sauce Cous Cous Broccoli Lemon Graham Calories: 521 % Fat: 17 Sodium: 356	26 Lasagna w/ Marinara Sauce Spinach Dinner Roll Pears HDM: Green Beans Calories: 513 % Fat: 20 Sodium:847
29 Turkey Ham w/ Maple Glaze Sweet Potatoes w/ Pineapple Peach Compote Muffin Diet : Apple Graham Calories: 569 % Fat: 19 Sodium: 1057	30**High Sodium Tomato Chick Pea Soup Breaded Chicken Breast Red Bliss Potato Chocolate Pudding Diet: SF Vanilla Pudding HDM: California Blend Calories: 697 % Fat:24 Sodium:1250	1 Roast Pork w/ Rosemary Gravy Mashed Potatoes Peas Whole Wheat Bread Applesauce Calories: 646 % Fat: 20 Sodium:467	2 Stuffed Shell and 2 Meatballs w/ Marinara Sauce Italian Blend Whole Wheat Bread Mixed Fruit Calories: 578 % Fat: 23 Sodium: 1078	3 White Chicken Chili Rice Broccoli Biscuit Banana Calories: 616 % Fat: 20 Sodium:795