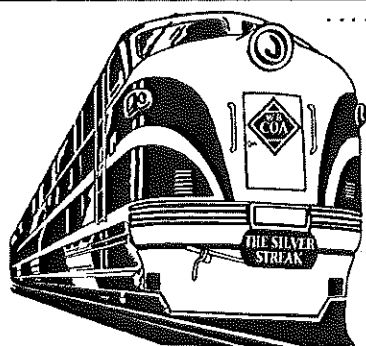




# The Silver Streak...

## September 2026

### MISSION STATEMENT

*COA's mission: The mission of the West Brookfield Council on Aging is to enhance the lives of our senior citizens by providing information, referral services and opportunities for socialization and recreation.*

### NEWSLETTER

of the

WEST BROOKFIELD COUNCIL ON AGING

West Brookfield Senior Center

73 Central Street

West Brookfield, MA 01585

Open: Monday-Friday 9:00 - 3:00

Senior Center 508-867-1407

Meals 508-867-1411

ElderBus! 508-248-4299



### September Newsletter

#### A note from the Director

Welcome Fall...but  
where did summer go?

Along with the changing of the seasons, the start of this new month is heralding new monthly activities. We certainly hope you will be able to join us.

#### WE FINALLY HAVE A CRIBBAGE GROUP!

When we asked who was interested in starting a cribbage group, the response was wonderful! The West Brookfield Library has started their cribbage group on August 10<sup>th</sup> and will be hosting every other Monday. We will pick up the alternate Mondays. **Starting on September 14<sup>th</sup> @ 12:30.** We will have cribbage boards here or you may bring your own. WE cannot wait to see all of you!

#### Country Line Dancing!!!

**Starting September 17<sup>th</sup> at 9:00 a.m.**

Start your morning off with a little bit of "Boot scootin' boogie" or "Watermelon crawl" with us! Ronda will be here to help you learn to do the grapevine, shuffle, pivot turn and more. Whether you are a beginner or consider yourself a seasoned expert, join us for some great moves. Fun and exercise all in one. All are welcome. Classes will be \$5.00

The mailing of the newsletter is funded, in part through a grant from the Massachusetts Executive Office of Aging and Independence.

### UPCOMING EVENTS!

Magdalana Grace Siegel presents "Have YOU ever Wondered Why? Don't get me started", on September 2, at 12:30 pm.

**Making Sense of Medicare: 2027 Changes & AEP Readiness. September 15<sup>th</sup> @12:30pm with Maggie Mood**

This presentation will cover the important Medicare changes coming in 2027, including updates to prescription drug coverage, costs, and benefits under Medicare. You'll also learn about the different types of Medicare plan options and get helpful tips on preparing for the Annual Enrollment Period (AEP). By the end of the session, you will have a better understanding of your coverage choices and how to make informed decisions about your healthcare for the year ahead. Please note, this presentation will not discuss any specific plan changes for 2027. **Sign up needed.**

Rita Parisi from Waterfall Productions will present **GOTHIC GHOST TALES BY CANDLELIGHT** on **October 20 at 12:30 pm.** This atmospheric

cont. page 2

### COUNCIL ON AGING

Nancy Seremeth – Chair  
Irene White – Vice-Chair  
Betty Bliss – Secretary  
Nancy Arsenault, Lisa Marie Berthel,  
Brede Woods and Paula Ye – Board Members

**Staff:** Kelly Hitt, Director  
Sue Raymond, Outreach Coordinator  
Michelle Dahart, Nutrition Site Manager

cont. from pg. 1

theatrical event brings to life a haunting trio of ghost stories. Steeped in suspense, psychological mystery, and the uncanny. This presentation is made possible by the West Brookfield Cultural Council. **Sign up is needed.**



**W.I.S.E.  
Worcester Institute  
for Senior Education**

Through Assumption University, we have obtained a membership which allows our members to join in on ZOOM courses. This is our 3<sup>rd</sup> year of offering this opportunity. The Course catalog for Fall 2026, Sessions A & B is currently available on line to view at [assumptionwise.org](http://assumptionwise.org). We also have a printed one in the center. Many diverse classes are offered and can be enjoyed from the comfort of your own home. If you are interested, please email Kelly at [khitt@wbrookfield.com](mailto:khitt@wbrookfield.com) and she will send you the needed information.

### **Cyclospora**

Cyclospora cayetanensis is a parasite that can make people sick. Cyclospora infection is called cyclosporiasis. This is what you have been hearing about on TV. Eating various types of fresh produce or fruits that probably came in contact with an infected person or contaminated water has been deemed the cause. Washing fruits and vegetables with water and a brush may help get rid of cyclospora. Cooking will kill the germs. Fruits or vegetables that are peeled should be safe to eat.

Prevention is as simple as washing hands with soap and water before and after handling or preparing raw fruits and vegetables. Preparation and storage of the fruits and vegetables is simple also. Wash all produce thoroughly under running water before eating, cutting or cooking. Scrub firm fruits and vegetables, such as melons and cucumbers, with a clean produce brush. When all prepped, (cut, peeled or cooked) store in refrigerator as soon as possible or within two hours. Source: EOA&I

### **VOLUNTEERS NEEDED!**

Our Meals on Wheels program is in need of volunteers for our West Brookfield location. Monday 8-10 a.m. in our kitchen, and a per-diem driver for the West Brookfield route. Must pass CORI/background check, (Tri Valley pays for these), must have a reliable vehicle, and be dependable.

Reimbursement of .76 cents per mile for driver.

Please contact Michelle at 508-867-1411.  
Monday - Friday 6:45 a.m. till 12:00 (noon).

\* Coffee hour on September 18<sup>th</sup> will feature Julia Kowalski from Care Central VNA & Hospice, Inc. Julia will have a table set up with information about what is offered.

\* Sadly, Michelle Durkee, VSO will be holding her last meeting here on September 21, 2026. We will keep you posted on her replacement.

## Forget the Chicken Soup – I want Chocolate!!

Ever wonder why chocolate stirs our emotions and comforts us in times of stress? From the moment we have teeth, someone, early in our life, fed us chocolate. From that time onward, it became a part of our lives through holidays, birthdays, celebrations, and more. Now, as we all look for our own ways to navigate a global trauma event, chocolate sales soar. The power of chocolate to spread joy and bring comfort is more significant than ever before! Join us on **September 23<sup>rd</sup> at 12:30 p.m.** to learn from Victoria Kichuk, chocolate sommelier, and founder of **COCOA BEANTOWN**. Victoria will educate us on the how and why chocolate has a mystical ability to connect people through time and space. **SAMPLES WILL BE SERVED! SIGN UP IS NEEDED.**

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Tuesday Matinee Movie

**September 8<sup>th</sup> @ 12:30 p.m.**

### THE BUCKET LIST

Starring Jack Nicholson & Morgan Freeman.

Two cancer-ward roommates, one a billionaire and the other a scholarly mechanic, decide when they get bad news to “GO OUT IN STYLE!”. Will they go sky diving? Racing in a fast car? Join us and find out.

— Please call or stop in to sign up. —



## Book Club

**Book Club meets on September 29<sup>th</sup> @1 pm**

The Vengeance of Mothers

(The journals of Margaret Kelly & Molly McGill)

Jim Fergus – Author

Explore the bonds among family & community, the search for identity and belonging, during a time of tumultuous change in our nation’s history. Read about the so-called One Thousand White Woman who participated in the Brides for Indians program in 1873.

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## FYI

### AVOID HOSPITALS FOR ROUTINE SCANS

A 2020 United Health group report found that hospital outpatient imaging costs an eye-popping 165 percent more, on average, than the same scan at a stand-alone center. If your doctor orders a routine MRI scan, CT scan or echocardiogram, consider getting it done at an independent imaging clinic. Just make sure that the imaging center is covered by your insurance.

Source: AARP April/May 2026

**WISH LIST**

**Seasonal napkins**

**Thinking of You cards**

# September 2026

| September 2026 |                                                                                                                             |                                                                                                                |                                                                                                                                                                      |                                                                                               |                                                                                                                         |                            |
|----------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Sun.           | Monday                                                                                                                      | Tuesday                                                                                                        | Wednesday                                                                                                                                                            | Thursday                                                                                      | Friday                                                                                                                  | Sat.                       |
|                | 1<br><br><b>CLOSED<br/>for<br/>PRIMARIES</b>                                                                                | 2<br><br><b>CLOSED<br/>for<br/>PRIMARIES</b>                                                                   | 3<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>9:30 SHINE rep. APPT.<br>10:00 Wednesday Quilters<br>12:15 Pitch<br>12:30 Magdalena - Have<br>you ever wondered why?   | 4<br>9:00 Foot Care<br>9:00 Mini manicures<br>12:15 Mahjong<br>12:30 Bingo                    | 5<br>9:00 Walking<br>9:00 Zumba Gold (\$3)<br>11:00 Bridge<br>12:15 Pitch                                               |                            |
| 6              | 7<br><br><b>CLOSED<br/>LABOR DAY</b>                                                                                        | 8<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>12:30 MOVIE –<br>Bucket List               | 9<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>11:15-12:15 Rep.<br>Berthiaume/ Office Hours<br>with Donna Farmer<br>12:15 Pitch        | 10<br>12:15 Mahjong<br>12:30 Milkhouse<br>Pitcher<br>with Bemis Farms<br>6:00 Quilt Meeting   | 11<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>11:00 Bridge<br>12:15 Pitch                                              | 12                         |
| 13             | 14<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Walking<br>12:30 Canasta<br>12:30 CRIBBAGE                                   | 15<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Maggie Mood<br>Simplifying Medicare<br>12:30 Busy Bees | 16<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10-2 Flu Clinic<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch                                                         | 17<br>9:00 Country Line<br>Dancing (\$5)<br>10:15 COA Meeting<br>12:15 Mahjong<br>12:30 Bingo | 18<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>10:00 Coffee Hour<br>10:00 Blood Pressure<br>11:00 Bridge<br>12:15 Pitch | 19                         |
| 20             | 21<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Vet Agent<br>(last visit)<br>9:00 Walking<br>12:30 Canasta<br>6:00 Ham Radio | 22<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>6:30 Ham Radio                            | 23<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch<br>12:30 Cocoa Beantown<br>“Why we reach for chocolate”<br>Sign up needed! | 24<br>9:00 Country Line<br>Dancing (\$5)<br>12:15 Mahjong                                     | 25<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>10:00 Hearing Clinic<br>11:00 Bridge<br>12:15 Pitch                      | 26<br>10:00<br>Open<br>Sew |
| 27             | 28<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Walking<br>12:30 Cribbage<br>12:30 Canasta                                   | 29<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>1:00 Book Club<br>6:30 Ham Radio          | 30<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch                                                                            |                                                                                               |                                                                                                                         |                            |

**SEPTEMBER 2026 - TRI-VALLEY, INC.**

| Monday                                                                                                                                                    | Tuesday                                                                                                                                                                            | Wednesday                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                        | <b>1</b><br><b>Meatballs w/ Onion Gravy</b><br>Bowtie Pasta<br>Rst. Brussels Sprouts<br>Rice Krispy Treat<br>Marble Rye Bread<br>Sodium 260<br>85<br>8<br>105<br>105               | <b>2</b><br><b>Marinated Pork Loin</b><br>Cornbread Stuffing<br>California Vegetables<br>Cinnamon Strusel<br>Diet = Loma Doones<br>Dinner Roll<br>Sodium 400<br>242<br>36<br>271<br>147<br>113 | <b>3</b><br><b>Chicken w/ BBQ Sauce</b><br>Mashed Potatoes<br>Mixed Vegetables<br>Fresh Fruit<br>Corn Muffin<br>Sodium 212<br>498<br>108<br>30<br>1<br>149                                                                                                                                                                                                                                                                                                                                                                         | <b>4</b><br><b>HIGH SODIUM MEAL</b><br><b>Hot Dog*</b><br>Baked Beans<br>Coleslaw<br>Baked Apples<br>Hot Dog Bun<br>Mustard<br>Sodium 540<br>370<br>162<br>14<br>195<br>50                                    |
|                                                                                                                                                           | Calories=845    Total Sodium = 696mg<br>Carbs =93                                                                                                                                  | Calories=853    Total Sodium = 1187 mg<br>Carbs = 88                                                                                                                                           | Calories=796    Total Sodium = 1124 mg<br>Carbs = 162                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Calories=841    Total Sodium = 1457 mg<br>Carbs = 94                                                                                                                                                          |
|                                                                                                                                                           | <b>7 Labor Day No Meal Served</b>                                                                                                                                                  | <b>8</b><br><b>Chicken Stir Fry*</b><br>Steamed Rice<br>Rst. Broccoli<br>Fresh Fruit<br>Pumpkinickel Bread<br>Sodium 815<br>101<br>15<br>1<br>135                                              | <b>9</b><br><b>Vegetable Cheese Bake</b><br>O'Brien Potatoes<br>Stewed Tomatoes<br>Blueberry Crisp<br>Diet = Applesauce<br>Marble Rye Bread<br>Sodium 416<br>59<br>6<br>54<br>25<br>125                                                                                                                                                                                                                                                                                                                                            | <b>10</b><br><b>Bahn Mi Pork w/ BBQ Sauce</b><br>Carrots<br>Coleslaw<br>Baked Cinnamon Pears<br>Sandwich Roll<br>Sodium 266<br>320<br>53<br>173<br>5<br>248                                                   |
|                                                                        | <b>14</b><br><b>Roast Pork w/ Gravy</b><br>Cranberry Herb Stuffing<br>Jardiniere Vegetables<br>Mandarin Oranges<br>Whole Wheat Bread<br>Sodium 266<br>170<br>355<br>18<br>0<br>138 | <b>15</b><br><b>Ziti w/ Meat Sauce</b><br>Mozzarella Cheese<br>Broccoli & Red Peppers<br>Fresh Fruit<br>Italian Bread<br>Sodium 8<br>516<br>150<br>15<br>1<br>96                               | <b>16</b><br><b>Vegetarian Chili w/ Cheese</b><br>Roasted Potatoes<br>Green Beans<br>Loma Doones<br>Marble Rye Bread<br>Sodium 311<br>180<br>7<br>0<br>147<br>105                                                                                                                                                                                                                                                                                                                                                                  | <b>17</b><br><b>Garlic Brown Sugar Chicken</b><br>Mashed Potatoes<br>Country Blend Vegetables<br>Chocolate Pudding<br>Diet = SF Pudding<br>Pumpkinickel Bread<br>Sodium 356<br>108<br>22<br>135<br>160<br>135 |
|                                                                                                                                                           | Calories=718    Total Sodium = 1193 mg<br>Carbs = 108                                                                                                                              | Calories=890    Total Sodium = 765 mg<br>Carbs = 76                                                                                                                                            | Calories=639    Total Sodium = 1189 mg<br>Carbs = 87                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Calories=761    Total Sodium = 831 mg<br>Carbs = 102                                                                                                                                                          |
|                                                                                                                                                           | <b>21</b><br><b>Shepherd's Pie</b><br>Carrots<br>Peas<br>Fresh Fruit<br>Whole Wheat Bread<br>Sodium 255<br>7<br>53<br>0<br>138                                                     | <b>22</b><br><b>Chicken Fajitas*</b><br>Spanish Rice<br>Black Beans & Corn<br>Pineapple<br>Sour Cream<br>Pita Bread<br>Sodium 527<br>66<br>292<br>0<br>9<br>68                                 | <b>23</b><br><b>HIGH SODIUM MEAL</b><br><b>Lasagna &amp; Meatballs</b><br>Marinara Sauce*<br>Tuscan Vegetables<br>Baked Apples<br>Italian Bread<br>Sodium 459<br>763<br>31<br>14<br>96                                                                                                                                                                                                                                                                                                                                             | <b>24</b><br><b>Beef w/ Onions &amp; Peppers</b><br>Gemelli Pasta<br>Broccoli<br>Birthday Cake<br>Diet = Half Piece<br>Marble Rye Bread<br>Sodium 423<br>8<br>15<br>221<br>110<br>105                         |
| Calories=777    Total Sodium = 578 mg<br>Carbs = 102                                                                                                      | Calories=862    Total Sodium = 1086 mg<br>Carbs = 98                                                                                                                               | Calories=669    Total Sodium = 1488 mg<br>Carbs =88                                                                                                                                            | Calories=836    Total Sodium = 897 mg<br>Carbs = 87                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Calories=698    Total Sodium = 1143 mg<br>Carbs =85                                                                                                                                                           |
| <b>28</b><br><b>Buttermilk Chicken</b><br>Herbed Potatoes<br>Honey Glazed Carrots<br>Fresh Fruit<br>Marble Rye Bread<br>Sodium 362<br>7<br>70<br>1<br>105 | <b>29</b><br><b>Beef Stew</b><br>Steamed Rice<br>Corn<br>Peach Crisp<br>Diet = Applesauce<br>Biscuit<br>Sodium 166<br>101<br>1<br>35<br>25<br>310                                  | <b>30</b><br><b>Baked Potato w/ Chili &amp; Cheese</b><br>Broccoli<br>Sour Cream<br>Vanilla Mousse<br>Pumpkinickel Bread<br>Sodium 7<br>180/474<br>15<br>9<br>155<br>135                       | <b>Menus are Subject to Change</b><br>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs.<br>(*) Indicates entrees with more than 500 mg sodium<br>A high sodium meal = >1200 mg of sodium<br>Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk.<br>Carbs are listed for "Diabetic Friendly Meal" purposes<br><b>∞</b> Indicates a meatless meal |                                                                                                                                                                                                               |
| Calories=710    Total Sodium = 670 mg<br>Carbs = 104                                                                                                      | Calories=950    Total Sodium = 738mg<br>Carbs =103                                                                                                                                 | Calories=846    Total Sodium = 1100 mg<br>Carbs =92                                                                                                                                            | Spencer 508-885-5767    W. Brookfield 508-867-1411<br>Upton 978-907-5709<br>Northbridge 774-482-6174    Southbridge 774-289-9438                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                               |
| Dudley 508-949-6640<br>Franklin 508-520-1422                                                                                                              | Milford 508-478-8102<br>Northbridge 508-333-9635                                                                                                                                   | Upton 978-907-5709<br>Southbridge 774-289-9438                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                               |

SEPTEMBER 2026 - TRI-VALLEY, INC.

| Monday                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                | <div>1</div> <div>Meatballs<br/>w/ Onion Gravy<br/>Bowtie Pasta<br/>Rst. Brussels Sprouts<br/>Rice Krispy Treat<br/>Marble Rye Bread</div> <div>Sodium<br/>260<br/>85<br/>8<br/>9<br/>105<br/>105</div> <div>Calories=845    Total Sodium = 696mg<br/>Carbs =93</div> | <div>2</div> <div>Marinated Pork Loin<br/>Cornbread Stuffing<br/>California Vegetables<br/>Cinnamon Strusel<br/>Diet = Lorna Doones<br/>Dinner Roll</div> <div>Sodium<br/>400<br/>242<br/>36<br/>271<br/>147<br/>113</div> <div>Calories=853    Total Sodium = 1187 mg<br/>Carbs = 88</div> | <div>3</div> <div>Chicken<br/>w/ BBQ Sauce<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Fresh Fruit<br/>Corn Muffin</div> <div>Sodium<br/>212<br/>498<br/>108<br/>30<br/>1<br/>149</div> <div>Calories=796    Total Sodium = 1124 mg<br/>Carbs = 162</div>                                                                                                                                                                                                                                                                                                                  | <div>4</div> <div>HIGH SODIUM MEAL<br/>Hot Dog*<br/>Baked Beans<br/>Coleslaw<br/>Baked Apples<br/>Hot Dog Bun<br/>Mustard</div> <div>Sodium<br/>540<br/>370<br/>162<br/>14<br/>195<br/>50</div> <div>Calories=841    Total Sodium = 1457 mg<br/>Carbs = 94</div>              |
| <div>7 Labor Day No Meal Served</div> <div></div>                                                                                                                                              | <div>8</div> <div>Chicken Stir Fry*<br/>Steamed Rice<br/>Rst. Broccoli<br/>Fresh Fruit<br/>Pumpnickel Bread</div> <div>Sodium<br/>815<br/>101<br/>15<br/>1<br/>135</div> <div>Calories=718    Total Sodium = 1193 mg<br/>Carbs = 108</div>                            | <div>9</div> <div>Vegetable Cheese Bake<br/>O'Brien Potatoes<br/>Stewed Tomatoes<br/>Blueberry Crisp<br/>Diet = Applesauce<br/>Marble Rye Bread</div> <div>Sodium<br/>416<br/>59<br/>6<br/>54<br/>25<br/>125</div> <div>Calories=890    Total Sodium = 765 mg<br/>Carbs = 76</div>          | <div>10</div> <div>Bahn Mi Pork<br/>w/ BBQ Sauce<br/>Carrots<br/>Coleslaw<br/>Baked Cinnamon Pears<br/>Sandwich Roll</div> <div>Sodium<br/>266<br/>320<br/>53<br/>173<br/>5<br/>248</div> <div>Calories=639    Total Sodium = 1189 mg<br/>Carbs = 87</div>                                                                                                                                                                                                                                                                                                                  | <div>11</div> <div>∞<br/>Lentil Stew<br/>w/ Cheese<br/>Rice Pilaf<br/>Rst. Cali. Vegetables<br/>Yogurt<br/>Italian Bread</div> <div>Sodium<br/>252<br/>180<br/>70<br/>32<br/>75<br/>96</div> <div>Calories=761    Total Sodium = 831 mg<br/>Carbs = 102</div>                 |
| <div>14</div> <div>Roast Pork<br/>w/ Gravy<br/>Cranberry Herb Stuffing<br/>Jardiniere Vegetables<br/>Mandarin Oranges<br/>Whole Wheat Bread</div> <div>Sodium<br/>266<br/>170<br/>355<br/>18<br/>0<br/>138</div> <div>Calories=678    Total Sodium = 1072 mg<br/>Carbs = 91</div> | <div>15</div> <div>Ziti<br/>w/ Meat Sauce<br/>Mozzarella Cheese<br/>Broccoli &amp; Red Peppers<br/>Fresh Fruit<br/>Italian Bread</div> <div>Sodium<br/>8<br/>516<br/>150<br/>15<br/>1<br/>96</div> <div>Calories=730    Total Sodium = 911mg<br/>Carbs = 95</div>     | <div>16</div> <div>Vegetarian Chili<br/>w/ Cheese<br/>Roasted Potatoes<br/>Green Beans<br/>Lorna Doones<br/>Marble Rye Bread</div> <div>Sodium<br/>311<br/>180<br/>7<br/>0<br/>147<br/>105</div> <div>Calories=789    Total Sodium = 874 mg<br/>Carbs = 109</div>                           | <div>17</div> <div>Garlic Brown Sugar Chicken<br/>Mashed Potatoes<br/>Country Blend Vegetables<br/>Chocolate Pudding<br/>Diet = SF Pudding<br/>Pumpnickel Bread</div> <div>Sodium<br/>356<br/>108<br/>22<br/>135<br/>160<br/>135</div> <div>Calories=705    Total Sodium = 881 mg<br/>Carbs = 78</div>                                                                                                                                                                                                                                                                      | <div>18</div> <div>Beef &amp; Bean Enchilada*<br/>Vegetable Fried Rice<br/>Chuckwagon Corn<br/>Pineapple<br/>Pita Bread<br/>Sour Cream</div> <div>Sodium<br/>658<br/>217<br/>1<br/>0<br/>68<br/>9</div> <div>Calories=858    Total Sodium = 1077 mg<br/>Carbs = 91</div>      |
| <div>21</div> <div>Shepherd's Pie<br/>Carrots<br/>Peas<br/>Fresh Fruit<br/>Whole Wheat Bread</div> <div>Sodium<br/>255<br/>7<br/>53<br/>0<br/>138</div> <div>Calories=777    Total Sodium = 578 mg<br/>Carbs = 102</div>                                                          | <div>22</div> <div>Chicken Fajitas*<br/>Spanish Rice<br/>Black Beans &amp; Corn<br/>Pineapple<br/>Sour Cream<br/>Pita Bread</div> <div>Sodium<br/>527<br/>66<br/>292<br/>0<br/>9<br/>68</div> <div>Calories=862    Total Sodium = 1086 mg<br/>Carbs = 98</div>        | <div>23</div> <div>HIGH SODIUM MEAL<br/>Lasagna &amp; Meatballs<br/>Marinara Sauce*<br/>Tuscan Vegetables<br/>Baked Apples<br/>Italian Bread</div> <div>Sodium<br/>459<br/>763<br/>31<br/>14<br/>96</div> <div>Calories=669    Total Sodium = 1488 mg<br/>Carbs = 88</div>                  | <div>24</div> <div>Beef w/ Onions &amp; Peppers<br/>Gemelli Pasta<br/>Broccoli<br/>Birthday Cake<br/>Diet = Half Piece<br/>Marble Rye Bread</div> <div>Sodium<br/>423<br/>8<br/>15<br/>221<br/>110<br/>105</div> <div>Calories=836    Total Sodium = 897 mg<br/>Carbs = 87</div>                                                                                                                                                                                                                                                                                            | <div>25</div> <div>Lemon Pepper Fish<br/>Wild Rice<br/>Rst. Brussels Sprouts<br/>Chocolate Mousse<br/>Pumpnickel Bread<br/>Tartar Sauce</div> <div>Sodium<br/>280<br/>280<br/>9<br/>230<br/>135<br/>85</div> <div>Calories=698    Total Sodium = 1143 mg<br/>Carbs = 85</div> |
| <div>28</div> <div>Buttermilk Chicken<br/>Herbed Potatoes<br/>Honey Glazed Carrots<br/>Fresh Fruit<br/>Marble Rye Bread</div> <div>Sodium<br/>362<br/>7<br/>70<br/>1<br/>105</div> <div>Calories=777    Total Sodium = 578 mg<br/>Carbs = 102</div>                               | <div>29</div> <div>Beef Stew<br/>Steamed Rice<br/>Corn<br/>Peach Crisp<br/>Diet = Applesauce<br/>Biscuit</div> <div>Sodium<br/>166<br/>101<br/>1<br/>35<br/>25<br/>310</div> <div>Calories=950    Total Sodium = 738mg<br/>Carbs = 103</div>                          | <div>30</div> <div>Baked Potato<br/>w/ Chili &amp; Cheese<br/>Broccoli<br/>Sour Cream<br/>Vanilla Mousse<br/>Pumpnickel Bread</div> <div>Sodium<br/>7<br/>180/474<br/>15<br/>9<br/>155<br/>135</div> <div>Calories=846    Total Sodium = 1100 mg<br/>Carbs = 92</div>                       | <div>Menus are Subject to Change</div> <div>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs.</div> <div>(*) Indicates entrees with more than 500 mg sodium</div> <div>A high sodium meal = &gt;1200 mg of sodium</div> <div>Nutrition information includes the 110 calories, 13gm Carbs &amp; 125mg of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes</div> <div>∞ Indicates a meatless meal</div> |                                                                                                                                                                                                                                                                               |
| <div>Calories= 710    Total Sodium = 670 mg<br/>Carbs = 104</div> <div>Dudley 508-949-6640<br/>Franklin 508-520-1422</div>                                                                                                                                                        | <div>Calories= 950    Total Sodium = 738mg<br/>Carbs = 103</div> <div>Milford 508-478-8102<br/>Northbridge 508-333-9635</div>                                                                                                                                         | <div>Calories=846    Total Sodium = 1100 mg<br/>Carbs = 92</div> <div>Upton 978-907-5709<br/>Southbridge 774-289-9438</div>                                                                                                                                                                 | <div>Calories=698    Total Sodium = 1143 mg<br/>Carbs = 85</div> <div>Spencer 508-885-5767<br/>Uxbridge 774-482-6174</div> <div>W. Brookfield 508-867-1411</div>                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                               |

# September 2026

| Sun. | Monday                                                                                                                      | Tuesday                                                                                                        | Wednesday                                                                                                                                                            | Thursday                                                                                      | Friday                                                                                                                  | Sat.                       |
|------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------|
|      |                                                                                                                             | 1<br><b>CLOSED for<br/>PRIMARIES</b>                                                                           | 2<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>9:30 SHINE rep. APPT.<br>10:00 Wednesday Quilters<br>12:15 Pitch<br>12:30 Magdalena - Have<br>you ever wondered why?   | 3<br>9:00 Foot Care<br>9:00 Mini manicures<br>12:15 mahjong<br>12:30 Bingo                    | 4<br>9:00 Walking<br>9:00 Zumba Gold (\$3)<br>11:00 Bridge<br>12:15 Pitch                                               | 5                          |
| 6    | 7<br><b>CLOSED<br/>LABOR DAY</b>                                                                                            | 8<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>12:30 MOVIE –<br>Bucket List               | 9<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>11:15-12:15 Rep.<br>Berthiaume/ Office Hours<br>with Donna Farmer<br>12:15 Pitch        | 10<br>12:15 mahjong<br>12:30 Milkhouse<br>Pitcher<br>with Bernis Farms<br>6:00 Quilt Meeting  | 11<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>11:00 Bridge<br>12:15 Pitch                                              | 12                         |
| 13   | 14<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Walking<br>12:30 Canasta<br>12:30 CRIBBAGE                                   | 15<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Maggie Mood<br>Simplifying Medicare<br>12:30 Busy Bees | 16<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10-2 Flu Clinic<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch                                                         | 17<br>9:00 Country Line<br>Dancing (\$5)<br>10:15 COA Meeting<br>12:15 mahjong<br>12:30 Bingo | 18<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>10:00 Coffee Hour<br>10:00 Blood Pressure<br>11:00 Bridge<br>12:15 Pitch | 19                         |
| 20   | 21<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Vet Agent<br>(last visit)<br>9:00 Walking<br>12:30 Canasta<br>6:00 Ham Radio | 22<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>6:30 Ham Radio                            | 23<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch<br>12:30 Cocoa Beantown<br>“Why we reach for chocolate”<br>Sign up needed! | 24<br>9:00 Country Line<br>Dancing (\$5)<br>12:15 Mahjong                                     | 25<br>9:00 Zumba Gold (\$3)<br>9:00 Walking<br>10:00 Hearing Clinic<br>11:00 Bridge<br>12:15 Pitch                      | 26<br>10:00<br>Open<br>Sew |
| 27   | 28<br>9:00 Functional<br>Fitness (\$3)<br>9:00 Walking<br>12:30 Cribbage<br>12:30 Canasta                                   | 29<br>9:00 Tai Chi (\$5)<br>10:00 Dunkin Divas<br>12:30 Busy Bees<br>1:00 Book Club<br>6:30 Ham Radio          | 30<br>9:00 Walking<br>9:00 Chair Yoga (\$3)<br>10:00 Wednesday<br>Quilters<br>12:15 Pitch                                                                            |                                                                                               |                                                                                                                         |                            |