

GRAPEVINE

July 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

WEDNESDAY JULY 13 from 11 to 12 Noon **Be Seen Be Safe**



Hamburger/hot dog cookout sponsored by A.G.E. TRIAD council

During the Cook Out, Berkshire Health Systems will be offering 4 free scooter kits on a first come first serve basis. The Berkshire Sheriff's and Great Barrington Police Department will be on hand to install the kits. In addition to the scooter kits, scooter and walking vests will be available for interested persons. Call 528-4881 to reserve your spot. For additional information call 528-1881. The menu will be hamburgers hot dogs, macaroni salad and baked beans. \$2.00 donation .



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CRAFT FAIR

CRAFT FAIR.... Saturday July 9 from 10AM —3 PM

We have a broad display of handmade items and crafts including textile work, wood working, jewelry, embroidery, Japanese weaving, bags, wreaths, blankets and much more.

The Friends of the Claire Teague Senior

center will be serving hot dogs and sponsoring a bake sale. Need more volunteers and baked goods. Please call 528-1881 or see sign up in dining room.



Friday July 29: Doug Smolze will be performing and singing some of your favorites during the lunch hour.

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Campers visit from Camp Eisner on July 6th from 10:00-12:00

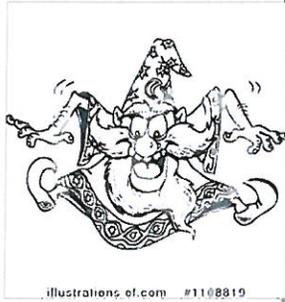
Bingo with the campers!

The campers from Camp Eisner will be joining the senior center for a morning of fun of your choice, crochet, Bingo, Wii Bowling, followed by ice cream sundaes . Please see sign up sheet.



Mr. Wizard Says: "Speak like a GEEK"

If you are trying to use a computer to do a particular task, and it's not working, the geek who's trying to help you may ask, "What version of Windows do you have?" Meanwhile you are asking yourself, "What the heck is 'Windows'?" *In geekspeak, Windows is an operating system, a compilation of programs that make a computer work. It is the foundation upon which you add programs to surf the internet, print a document, send email, or do just about anything else that involves communication with other human beings, or other computers.*



illustrations.of.com #11@8819

Another geeky word which you may hear from time to time is 'default'. What the heck is default? Regarding computers, it just means a pre-selected choice. For example, a couple of minutes after you've turned on your computer, the background color of the screen may be blue. The reason why? Microsoft simply chose blue as the background color, so blue is your default screen color. If you change the background to red, shut the computer off, start it again, and the background color is red, it means the red is now the 'default' color. And, if you replace the background color with a picture, which a lot of people do to 'personalize' their computers, then the default choice for your screen background will be that picture.

Now see how easy it is to "speak geek"? If you would like to speak "Geek" too, or would just like to learn how to use your computer better, please come join us geeks at the Senior Center on Tuesdays at 12:15 PM. We would love for you to join the group. Bring your computer, questions and we'll all learn something while we're having fun. Until next month, or until I see you again, do me a favor: don't forget to speak "GEEK"

Remember **Gizmo day** is July 19..... following Computer session....

Exercise Classes

Monday

- 9:15AM Cross Training with Misha (\$3.50)
- 10AM Awareness Through Movement Misha (floor) (\$3.50)
- 1PM Balance and Movement with Misha (Chair) (\$3.00)
- 2PM Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday

- 10 AM Pilates with Kathy Casey (**\$5.00**)
- 3:30PM Strength Training with Christine (\$3.00)

Wednesday

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

Thursday

- 10 AM: Therapeutic Movement /Breathing Class with Suzanne (\$3.00)
- 4PM Misha's Advanced Class (\$10.00)

Friday

- 9AM Tai Chi with Christine (\$3.00)

A representative from Blue Cross Blue Shield will be visiting us on Thursday July 28th at 12:00pm to answer your questions about their supplement and Choice plans— free to all.

Arts and Crafts Classes

Wednesday:

- 4PM Decorative Arts (\$5.00)

Thursday

- 9:30 AM Vera's Painting Class
- 12 Noon: Crafty Hands (Free)



July 1	Phyllis Zucco	July 17	Susan Dillard
July 2	Nettie Lokker	July 18	Marilyn Stevens
July 3	Bruce Barnum	July 19	Pia Bellinger
July 6	Helen Hankey	July 20	Alma Smith
July 7	Judith Anderson	July 21	Jo Robinson
July 8	Virginia Niewinski	July 22	Susan Morris
July 12	Jane Goewey	July 23	Joan Ury
July 14	Robert Litourneau	July 24	Flora Calero
July 14	Helen Oggiani	July 26	Cory Hines
July 15	Barbara Tinker	July 26	Patricia Elsbach
July 15	Florence Tissard	July 29	Katie Baslow
July 16	Anne Macheski	July 31	Ken Basler

Berkshire Traveler's TRAVEL CLUB

Summer Theatre Tours

- August 2: "Tanglewood on Parade" cost \$24 Sign up in Dining room
- August 17: "Sister Act" MacHayden Theatre (\$30) Van transportation to be provided. Depart promptly at 2 PM.
- September 18 & 19 New York 2-day overnight trip \$275 /person. Depart at 7 AM from Senior Center Details below
- October Foliage trip to Robert Frost House in Shaftsbury Vermont. Lunch at



September 18 & 19 Trip to West Point, Westchester Theatre, and 9/11 Memorial and Museum.

\$275 / person (double) (\$75 Deposit due at signup)

Package includes:

- Roundtrip Deluxe Motor Coach
- 1 night Hotel stay (LaQuinta or Hampton Inn)
- 2 meals included on this tour
- Continental Breakfast at the Hotel



Dinner at the Westchester Dinner Theatre
 Narrated West Point Tour
 Westchester Dinner Theatre
 "Saturday Night Fever"
 Admission to the 9/11 Museum &

Memorial

NOTE: Need 40 guests for trip to depart. Call 528-0230 for additional information and to sign up.

Monthly Center Events

- Monday Movie - (1st Monday) Monday July 11 at 12:15 : "He named me Malala"
- Breakfast with Barbara/ Kathy (3rd Tuesday) 8:30 AM July 19
- SHINE Consulting every Monday by appt Call 528-1881. Counselor Available
- Veterans Lunch(2nd and 4th Thursday) July 14 and 28 .. *Veterans' Lunch sponsored by Veterans Agent*
- Out to Lunch Bunch- (2nd Monday) Monday July 11 at 12 Noon (**New Time**) at **Barrington Bagel**
- Gad Abouts: (4th Friday) July 22 at 5pm at **Pleasant and Main**
- BP Checks by Gentiva (Last Thursday) 10:30 AM July 28
- Brown Bag (2nd Wednesday) July 13 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) August, November, February, May by appt (413) 442-0184
- Foot Nurse: (2nd Monday and Friday) July 8 and July 11 from 9-12 by appt.
- A.G.E. TRIAD meeting July 13 at 11AM
- Council on Aging Meeting July 27 at 1:15 PM
- Women's Cancer Support Group will meet on Thursday July 14 and 28 from 4PM to 5:30 PM.
- Quilting Guild will meet on second Tuesday of each month beginning in September at 7PM.
- Caregivers' Support Group will meet on Wednesday July 20 from 1PM to 2:30 PM
- Grief Support Group: 2nd and 4th Monday each month. July 13 and 27 from 5:30 PM to 7:30 PM

Friday August 5 Trip to Hancock Shaker Village

Polly will be leading a carpool group on a tour of Hancock Shaker Village. We will be carpooling to Hancock Shaker Village on Free Friday August 5th. We will meet at the senior center at 10:00 AM. During the visit we will tour the Round Stone Barn, The Dwelling, Machine shop which includes a demonstration of the water power. We will also visit the Tan House and the Blacksmiths Shop. There will be a picnic lunch on the grounds of the village. Please be sure to bring comfortable walking shoes and water. The cost of the trip is \$3.00 for a picnic lunch. If we have time we will stop on the way back and visit Polly's goats, Heidi, Sugie and Daisy. Please let Polly know if you want to volunteer to drive. Rain cancels trip. See sign up sheet in dining room.

Hancock Shaker
VILLAGE



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

LUNCHES: Please call the **dining room** number 528-4118 for lunch reservations and cancellations, you can leave a message on the machine, or let Grace know.

Much Appreciated.....

- Thank You **Big Y**: for donating their time helping in the Community by working in our gardens for a day. The garden looks beautiful! Also thanks goes to Bob Avery and our kitchen staff for working so hard on our very busy cook-out! Elder Services kindly donated a beautiful cake special made for our 90 's celebration



Fairview Hospital is hosting an **“AARP Smart Driver Course”** on Friday July 29th in their conference room. This program helps older drivers keep driving skills fresh. The hours for the course are 11AM to 3 PM and costs \$15 for AARP members and \$20 for non-members. The class is limited to 20 participants. For more information and to register call the Community Relations Office 413-854-9609.

Friday, July 1, 2016

- Boston Children’s Museum
- The Sports Museum
- Heritage Museums & Gardens
- Falmouth Museums on the Green
- Cape Cod Maritime Museum
- Amelia Park Children’s Museum
- Jacob’s Pillow Dance Festival
- Wenham Museum

Friday, July 15, 2016

- Edward M. Kennedy Institute
- Boston Athenæum
- Larz Anderson Museum
- Cape Cod Children’s Museum
- Edward Gorey House
- Danforth Art Museum/School
- Spellman Museum of Stamps & Postal History
- Fitchburg Art Museum

Museum of Russian Icons

Friday, July 29, 2016

- John F. Kennedy Presidential Library & Museum
- Commonwealth Museum
- Battleship Cove
- Marine Museum at Fall River
- Sandwich Glass Museum
- Nantucket Whaling Museum
- Tower Hill Botanic Garden
- Commonwealth Shakespeare Comp

Friday, July 8, 2016

- Museum of Fine Arts, Boston
- Plimoth Plantation
- Peabody Essex Museum
- Cape Ann Museum
- Buttonwood Park Zoo
- Children’s Museum in Easton
- The Hall at Patriot Place
- Provincetown Art Assoc/Museum

Friday, July 22, 2016

- Boston Harbor Islands National and State Park
- Arnold Arboretum Harvard University
- New Bedford Whaling Museum
- Cape Cod Museum of Art
- Pilgrim Hall Museum
- The Eric Carle Museum
- Fruitlands Museum

FREE FRIDAYS IN



FOR THE FUN OF IT: Name that Palindrome:

A word or name that is spelled the same backwards and forwards (i.e. Bob) is called a palindrome.

Let’s see how many you can name from these definitions:

1. A mechanical part that causes rotation _____
2. A boat _____
3. Not sloping _____
4. A young dog _____
5. 12 hours after midnight _____
6. A notable achievement _____
7. A device used by ships and airplanes _____
8. Males and females _____
9. Pertaining to public affairs _____

July 2016

Last month's winner by drawing: Dorris VanDuesen

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

Note: a word may be reversed

O M P V T S C U J Y S D M N C S U H J D G I W R
 B J G T N U R J M T O F E V O T Z A N O N E X I
 D D D Q H T O K I Z H W M D R L O N X U I P B A
 I C X Y Q O Q K Q Y Y R O D N I Q C V G K Q Q F
 L V R V G L R A O O P U R R N U W O X S R M W T
 R A V B P E Y B R O M J I F A Q B C P M O D R F
 J P S Z T X T K Q E C M A S W L E K T O W N V A
 K V E O D N B C R O W S L T T W O S I L D X X R
 S A O A G U W E S T C H E S T E R H G Z O U N C
 G C T Z S R A Y K F E G N Z V E P A C E O Q D S
 S A P T N E E S E B E F A S E B X K Z S W K R Q
 F K R X T Z R E D M S W W P J O A E Y Y D T K Y
 N I R J Q G W V N Z F D S U N E G R R O K A X V
 P U Y O Y E Q Z I B U W L H P P M V J C G O O O
 P O Q F W D Q S J L E Y P S O E O I V Y I B A R
 G P T I M E M R I O S A K A G Z W L N P P S J K
 E P N T X U R B G U K E N A W G P L U O L R E D
 C J M A E Y R I M S E A X S V I L A Y X Z K X Z
 B I U S K A U M F G N N T L V W A G Z G Q C Y D
 D I U H R E E X K Z J R O N D M W E P C G Z K P
 I M Z Y T R X S L V H X B X T P X N P K T Q P P
 W K D N P Y R L E W E J Y V Z X G F W J W V F E
 B J I S Z J I E M O R D N I L A P Z O U U Q W F
 T E X T I L E S Q C U Y L X Q P Y K N W M R K Q

BE SAFE BE SEEN
 COOK OUT
 CORN
 CRAFT FAIR
 CROWS
 DOUG SMOLZE
 EXERCISE
 FIREWORKS
 GEEK SPEAK

GREEN BEANS
 HANCOCK SHAKER VILLAGE
 JEWELRY
 JULYS UMMER
 LIBRARY
 MEMORIAL
 MUSEUM
 NEW YORK BUSTRIIP
 PALINDROME

PEAS
 QUILTS
 ROAD SCHOLAR
 SCOOTER KITS
 TEXTILES
 WESTCHESTER
 WOODWORKING

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: _____

JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For More Information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4881</p>	<p>Be Seen Be Safe July 13th 11-12 Noon Picnic/Cookout sponsored by TRIAD</p>			
<p>4</p> <p>Center is closed</p>  <p>Happy July 4th</p>	<p>5</p> <p>8:30 Coffee Hour 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi (no Class) 11:30 Lunch: Poached Trout 12:00 Bridge 12:30 Bingo 12:15 Computer Class 3:30 Strength Training</p>	<p>6</p> <p>8:30 Coffee Hour 9:30 Easy Does it Yoga 10-12 Eisner Camp Visit 11:30 Lunch: Breaded Chicken Filet 12:30 Cards 4:00 Decorative Arts</p>	<p>7</p> <p>8:30 Coffee Hour 9:30 Vera's Painting 10-11 News & Views 10 Therapeutic breathing (cancelled) 11:30 Lunch: Pork Roast 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise</p>	<p>8</p> <p>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: Chicken Salad 12:00 Bridge 2:00 Intermediate Tap</p>
<p>11</p> <p>8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Chicken A La King 12Noon: Out to Lunch: Barrington Bagel 12:15 Movie: He named me Malala 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate</p>	<p>12</p> <p>8:30 Coffee Hour/9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Roast Turkey/Gravy 12:00 Bridge 12:30 Bingo 12:15 Computer Class 3:30 Strength Training</p>	<p>13</p> <p>8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: TRIAD Picnic/Cook out 12:00 Brown Bag 12:30 Cards 4:00 Decorative Arts</p>	<p>14</p> <p>Veteran's Lunch 8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing 11:30 Lunch: Beef Burgundy 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>15</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Pepper Steaks 12:00 Bridge 2:00 Intermediate Tap</p>
<p>18</p> <p>8:30 Coffee Hour 9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Hot Dog 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group</p>	<p>19</p> <p>8:30 Coffee/9:30 Bingo 8:30 Breakfast with Barbara/Kathy 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Beef Stew 12:00 Bridge 12:30 Bingo 12:15 Computer Class 1:15 PM GIZMO Day (NEW) 3:30 Strength Training</p>	<p>20</p> <p>8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: Calico Beans/Sausage 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts</p>	<p>21</p> <p>8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing 11:30 Lunch: Chef's Salad 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>22</p> <p>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 / Barbecue Sauce 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts: Pleasant and Main</p>
<p>25</p> <p>8:30 Coffee Hour 9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Krabby Patty 12:30 Ice Cream and Bingo 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate</p>	<p>26</p> <p>8:30 Coffee / 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Baked Ham 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>27</p> <p>8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: Lasagna Roll 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>28</p> <p>Veteran's lunch 8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing 10:30 Gentiva Blood Pressure Checks 11:30 Lunch: Grilled Chicken Breast 12 Blue Cross Blue Shield Rep 12:00 Crafty Hands /12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>29</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Doug Smolze Favorites 11:30 Lunch: Egg Salad 12:00 Bridge 2:00 Intermediate Tap</p>

Elder Services of Berkshire County - Nutrition Program

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

JULY 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What to look for in yogurt when you find it hard to read the little print. 1. No added sugar or the other like sugars such as maple syrup, agave, honey and evaporated cane juice. 2. No artificial sweeteners except for Stevia or sugar alcohols like erythritol. 3. 160 calories or less. 4. At least 8 grams of protein. 5. 2 grams or less of saturated fat and 6. 120 mg or more of Calcium. Enjoy a snack of yogurt.</p> <p>if you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201</p>				
<p>4</p> <p>4TH OF JULY HOLIDAY</p> <p>Chicken a la King 69 Brown Rice 85 Winter Squash 2 Oatmeal Bread 121 Pineapple Chunks 1</p> <p>Calories: 659 Sodium: 385</p>	<p>5</p> <p>Poached Rainbow Trout 37 Noodles 8 Stewed Tomatoes 251 Rye Bread 150 Diced Peas 5</p> <p>Calories 576 Sodium: 558</p>	<p>6</p> <p>Breaded Chicken Filet* 620 Rice Pilaf 109 Mixed Vegetable 43 Whole Wheat Bread 110 Pineapple Chunks 1</p> <p>Calories: 664 Sodium: 990</p>	<p>7</p> <p>Pork Roast 70 Pork Gravy 86 Garlic Mashed Potatoes 64 Harvard Beets 178 Dinner Roll 132 Applesauce 15</p> <p>Calories: 576 Sodium 652</p>	<p>1</p> <p>Chicken Nuggets w/ Teriyaki * 668 Brown Rice 85 Carrots 43 Oatmeal Bread 121 Pineapple Chunks 1</p> <p>Calories 708 Sodium: 1025</p>
<p>11</p> <p>Hot Dog* 550 Hot Dog Roll 213 Baked Beans 140 Coleslaw 169 Peas 5</p> <p>Calories 827 Sodium: 1184</p>	<p>12</p> <p>Roast Turkey w/ Gravy 512 Mashed Potato 97 Peas & Carrots (HDM) 23 Dinner Roll 132 Vanilla Pudding w/ Topping** 141 Tossed Green Salad (Cong) 1</p> <p>Calories: 745 Sodium: 1012</p>	<p>13</p> <p><i>Be Safe Be Seen</i> Picnic/Cookout sponsored by TRIAD</p>	<p>14</p> <p>Beef Burgundy 207 Noodles 8 Seasoned Kale 26 Whole Wheat Roll 132 Apricots 5</p> <p>Calories: 682 Sodium: 485</p>	<p>15</p> <p>Pepper Steak 362 Roasted Potato 6 Green Beans 3 Multigrain Bread 99 Fruit Mix 10</p> <p>Calories: 606 Sodium: 607</p>
<p>18</p> <p>Hot Dog* 550 Hot Dog Roll 213 Baked Beans 140 Coleslaw 169 Peas 5</p> <p>Calories 827 Sodium: 1184</p>	<p>19</p> <p>Beef Stew 285 Boiled Potato 56 Sugar Snap Peas 4 Biscuits 355 Peaches 5</p> <p>Calories: 783 Sodium: 812</p>	<p>20</p> <p>Calico Beans w/ Sausage 219 Brown Rice 85 Spinach 109 Oatmeal Bread 121 Fruit Mix 10</p> <p>Calories: 644 Sodium: 651</p>	<p>21</p> <p>Chef's Salad 577 Potato Salad 63 Carrot Raisin Salad 179 Whole Wheat Bread 110 Banana 1</p> <p>Calories: 628 Sodium: 977</p>	<p>22</p> <p>Chicken w/ Barbecue Sauce* 820 Mashed Potato 97 Braised Cabbage 16 Multigrain Bread 99 Apricots 5</p> <p>Calories: 689 Sodium: 1144</p>
<p>25</p> <p>Krabby Patty 410 Roasted Potatoes 6 Cauliflower au Gratin 107 Whole Wheat Bread 110 Yogurt w/Fruit 39</p> <p>Calories: 681 Sodium: 779</p>	<p>26</p> <p>*high sodium meal*</p> <p>Baked Ham* 931 Raisin Sauce 5 Scalloped Potatoes 59 Carrots 43 Dinner Roll 132 Tropical Fruit 10</p> <p>Calories 595 Sodium: 1287</p>	<p>27</p> <p>Lasagna Roll 290 Meat Sauce 181 Broccoli 9 Corn (HDM) 1 Italian Bread 123 Fresh Peach 0</p> <p>Tossed Green Salad (Cong) 711 Calories 606 Sodium: 711</p>	<p>28</p> <p>Grilled Chicken Breast 320 Polynesian Sauce 275 Buttered Noodles 8 Spinach 109 Oatmeal Bread 121 Spiced Apples 5</p> <p>Calories 577 Sodium: 945</p>	<p>29</p> <p>Egg Salad 147 Potato Salad 193 Cold Spiced Beets 179 Hot Dog Roll 213 Applesauce 15</p> <p>Calories: 740 Sodium: 854</p>

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

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.