

PEMBROKE PIONEER

A Newsletter for Pembroke's Senior Citizens

Published by The Pembroke Council On Aging
144 Center Street
Pembroke, Massachusetts 02359
781-294-8220

MARY E. WILLIS, DIRECTOR

DECEMBER 2014

MERRY CHRISTMAS AND HAPPY NEW YEAR!

The Council on Aging Staff, our Volunteers, and myself, all wish you and yours a very Merry, Healthy, and Peaceful Holiday Season, as we all pray **FOR PEACE.**

BLUE CROSS/BLUE SHIELD: Will be here for an **EDUCATIONAL SEMINAR** on **DECEMBER 1st, at 9:30 A.M.** The changes for 2015 will be presented and explained.

PETA SHEPHERD, Senior Plan Consultant, will explain the changes. **DO PLAN TO ATTEND.**

The **FRIENDS OF THE COA** will be having their **CHRISTMAS PARTY** on **DECEMBER 17th, at 12:00 NOON. COST IS \$5.00.**

The kitchen will be closed for lunch as they will be serving the lunch. See **MENU** on Page 4. Please pay when you sign up. There will be prizes and a raffle. "SWIFTY" will entertain. Bring a non-perishable food item and you will earn a chance at a special prize drawing, only for those bringing a food item.

CONGRATULATIONS TO SUZANNE CUTLER
THE NEW PRESIDENT OF FRIENDS!

PRESCRIPTION ADVANTAGE: Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. You can sign up for Prescription Advantage all year long - there is no special open-enrollment period.

REMEMBER: The Medicare Open-Enrollment period ends December 7th.

FREE BRUNCH FOR SENIORS: The National Honor Society from Pembroke High School would like to invite you to a free Brunch with entertainment, Christmas Carols will be sung.

DATE: Saturday, December 13th, 9:00 A.M. to 10:30 A.M. at the Pembroke High School, Learning Lane. Call to sign up. AT 781-294-8220.

THE CHURCH HILL UNITED METHODIST CHURCH, in Norwell, 11 Church St., extends an invitation to the South Shore Community to their Annual Christmas Day Dinner. The dinner is for any individual, couple, or family, including children, who otherwise be alone on this special holiday. The dinner is free. Time: 12 Noon for dinner, followed by a sing-along and dessert. For Reservations and transportation call: 781-826-4763.

OPEN HOUSE: We will be having an open house on Wednesday, December 10th from 12:30 to 3:00 p.m. at the Senior Center. The COA Director will be retiring on December 31st, 2014 after 30 years at the Council.

CHRISTMAS EVE: December 24th, at the Senior Center at 12:30 P.M. **MERV COOK** will play Christmas Carols on the piano. Everyone is welcome to gather around and join in. Just come!

In closing, "God Bless Us, Everyone".... Tiny Tim

Mary E. Willis
Director



Q&A—

Seniors & The Flu — Do I Need A Shot?

Do I really need to get a flu shot this season?



Nine out of ten flu-related deaths occur in people age 65 and over. Six out of ten people hospitalized for flu-related problems are older adults. Last year, 215,000 seniors were hospitalized from the flu. The flu is especially dangerous for people with chronic conditions, like heart or pulmonary disease, or diabetes. It's harder for seniors to fight disease, because the immune system weakens with age.

Influenza is easy to catch — it's passed from person to person through coughing, sneezing, or contact with fluids from an infected person's mouth or nose. Protect yourself by taking preventive measures like washing your hands often, staying away from people who are sick, and encouraging others to cover their coughs. *Get vaccinated annually; it is still the best way to prevent the flu.* As a bonus, getting a flu shot helps protect your family and everyone around you. Anyone who is around someone with a chronic condition should get a flu shot; grandparents who care for grandchildren should get vaccinated too. Do it for yourself and do it for others!

There is a flu vaccine made specifically for people age 65 and older that improves the body's production of antibody against the flu. This higher-dose vaccine contains four times the antigen compared with the traditional, standard-dose vaccine. Antibodies help your immune system protect you against infection when exposed to the virus. Most people have minimal or no side effects after receiving the higher-dose vaccine. The most common side effects include swelling or redness at the injection site, muscle aches, fatigue, headache, or fever. The higher-dose shot for seniors is available through your doctor, your workplace clinic, local pharmacies, or other flu shot clinics. Medicare Part B covers the full cost of one flu shot per flu season. You pay nothing for the shot, so be sure to ask in advance if your doctor, clinic or other health care provider accepts Medicare.

Your doctor can explain who should not get a flu shot. Anyone with a severe allergic reaction (e.g., anaphylaxis) to any vaccine component, including eggs, egg products, or to a previous dose of any flu vaccine, should not get a shot. Anyone who has experienced Guillain-Barré syndrome (severe muscle weakness) after a previous flu shot should not be vaccinated. If you notice any other problems or symptoms after vaccination, contact your health care professional immediately.

The flu season usually peaks in January or February, but can continue well into the spring. It takes approximately two weeks following a flu shot to be considered immune. Even if you can't get a flu shot early in the season, it is still recommended that you get a shot into the winter months and beyond.

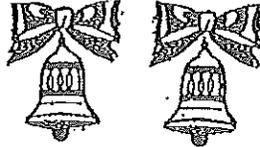
Remember to get a flu shot every year.

The flu viruses usually change from season to season and protection from the vaccine decreases over time. A new vaccine is produced each year to protect against the strains that are expected to cause disease. *Keep in mind that the flu shot does not contain the live virus; you cannot get the flu from the shot.*

To learn more about the flu, or the special flu vaccine for seniors, check out ncoa.org/flu or cdc.gov/flu.

THE FRIENDS OF THE COUNCIL ON AGING
POST OFFICE BOX 221 PEMBROKE MA. 02359- 0221

OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS

PRESIDENT: Suzanne Cutler VICE PRESIDENT: SECRETARY: Mary Salters TREASURER: Ruth Pilkuhn		2014 Jeanne Duffy—Membership Chairman 2015 Dianne Robbins 2016 Ruth Ingalls 2017 Marie Federico 2018 Connie Marano	
--	---	--	---

"EVERYONE WELCOME"

FRIENDS OF THE PEMBROKE COA 2015 MEMBERSHIP DUES = \$5.00
PLEASE MAKE CHECKS PAYABLE TO: "FRIENDS OF THE COA"
P.O. BOX 221
PEMBROKE, MA. 02359



NAME	DUES
ADDRESS.....	ADDITIONAL.....
.....	IN MEMORY OF:
E-MAIL.....	IN HONOR OF:.....
PHONE	TOTAL CONTRIBUTION \$.....

ROSES ARE RED, VIOLETS ARE BLUE, IF YOU HAVE NOT PAID YOUR DUES, WE REALLY NEED YOU

NEXT FRIENDS MEETING: DECEMBER 16, AT 10:30 A.M.

~~~DONATIONS TO THE FRIENDS~~~

**From Aunt Ellie**

\*\*\*\*\*

**Pat Henderson in memory of Bill Henderson**  
**Henry Lanagan III in memory of Hank Lanagan, WWII Navy UDT Vet**  
**Ruth Pilkuhn in memory of Fred Pilkuhn**



**ELECTION OF OFFICERS: CONGRATULATIONS TO SUZANNE CUTLER, THE NEW PRESIDENT OF THE FRIENDS OF THE COA!** The Friends of the COA will hold their ANNUAL MEETING and ELECTION OF BOARD OFFICERS at their meeting on DECEMBER 16th, at 10:30 A.M. See listing of officers above. If you are a paid up member, you are entitled to a vote. Also, if you would like to join the Board of Directors, do come to the meeting.

## Old Colony Elder Services Nutrition Program

FOR RIDE: CALL 781-294-8220

December 2014 Menu

FOR LUNCH: CALL 781-294-4645

WEEK AHEAD

| MONDAY                                                                                                                                            | TUESDAY                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                 | THURSDAY                                                                                                                            | FRIDAY                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Paprika chicken<br>Garlic Mashed Potato<br>Roast Winter Squash<br>Whole Wheat Bread<br>Peaches<br><b>BCBS: 9:30 A.M.</b><br><b>BINGO</b> | <b>2</b> Beef Chili<br>Broccoli<br>Corn Bread<br>Vanilla Pudding<br>MOD: SF Pudding                                             | <b>3</b> Fish Sticks<br>Tartar Sauce<br>Brown Rice<br>Beets<br>Pumpernickel Bread<br>Pineapple                                                                                                                            | <b>4</b> Roast Pork<br>w/ Sage Gravy<br>Sweet Potato<br>Green Beans<br>Rye Bread<br>Fruit Cocktail<br><b>TAI CHI 9:00</b>           | <b>5</b> Baked Ziti<br>Cauliflower & Carrots<br>Multigrain Bread<br>Hot Apple Crisp                                                           |
| Calories: 600 Fat: 26%<br>Sodium: 700mg Fiber: 7g                                                                                                 | Calories: 600 Fat: 30%<br>Sodium: 950mg Fiber: 8g                                                                               | Calories: 725 Fat: 32%<br>Sodium: 980mg Fiber: 5g                                                                                                                                                                         | Calories: 675 Fat: 30%<br>Sodium: 455mg Fiber: 7g                                                                                   | Calories: 850 Fat: 21%<br>Sodium: 830mg Fiber: 14g                                                                                            |
| <b>8</b> Mini Ravioli<br>California Blend Veg<br>Zucchini<br>Garlic Roll<br>Pears<br><b>TAI CHI 9:30</b><br><b>BOOK CLUB</b>                      | <b>9</b> Southern Fried<br>Chicken<br>Roasted Potatoes<br>Baked Beans<br>Rye Bread<br>Chocolate Pudding<br>MOD: SF Pudding      | <b>10</b> Swedish Meatballs<br>Egg Noodles<br>Spinach<br>Whole Wheat Bread<br>Fruit Cocktail<br><b>OPEN HOUSE</b><br><b>12:30-3:00</b>                                                                                    | <b>11</b> Crunch Lite Fish<br>w/ Lemon<br>Mashed Potato<br>Parslied Carrots<br>Multigrain Bread<br>Fruit Loaf<br>MOD: Lemon Grahams | <b>12</b> Beef Teriyaki<br>Vegetable Brown Rice<br>Oriental Vegetables<br>Whole Wheat Bread<br>Fresh Orange                                   |
| Calories: 630 Fat: 30%<br>Sodium: 710mg Fiber: 10g                                                                                                | Calories: 700 Fat: 22%<br>Sodium: 1300mg Fiber: 8g                                                                              | Calories: 590 Fat: 30%<br>Sodium: 660mg Fiber: 9g                                                                                                                                                                         | Calories: 650 Fat: 25%<br>Sodium: 790mg Fiber: 9g                                                                                   | Calories: 710 Fat: 34%<br>Sodium: 780mg Fiber: 10g                                                                                            |
| <b>15</b> Hot Dog<br>on a Bun<br>Potato Wedges<br>Mixed Vegetables<br>Mustard/Ketchup<br>Relish<br>Mandarine Oranges<br><b>BINGO</b>              | <b>16</b> Greek Chicken<br>Lemon Herb Bowties<br>Broccoli/Cauli Blend<br>Pumpernickel Bread<br>Apricots                         | <b>17. FINGER SANDWICHES:</b><br><b>SEAFOOD SALAD,</b><br><b>TUNA, ETC.</b><br><b>POTATO SALAD,</b><br><b>COLE SLAW,</b><br><b>MACARONI</b><br><b>SALAD, AND</b><br><b>DESSERTS.</b><br><b>CHRISTMAS</b><br><b>PARTY!</b> | <b>18</b> Meatball Sub<br>Zucchini<br>Corn<br>Sub Roll<br>Hot Cinnamon Apples<br><b>TAI CHI 9:00</b>                                | <b>19</b> Potato Crunch Fish<br>Tartar Sauce<br>Mashed Sweet Potatoes<br>Peas & Onions<br>Oatmeal Bread<br>Tapioca Pudding<br>MOD: SF Pudding |
| Calories: 780 Fat: 42%<br>Sodium: 1270mg Fiber: 9g                                                                                                | Calories: 665 Fat: 18%<br>Sodium: 610mg Fiber: 9g                                                                               |                                                                                                                                                                                                                           | Calories: 665 Fat: 42%<br>Sodium: 865mg Fiber: 8g                                                                                   | Calories: 830 Fat: 35%<br>Sodium: 1020mg Fiber: 5g                                                                                            |
| <b>22</b> Turkey Ham and<br>Cheese on Rye<br>Mayonnaise<br>Creamy Pumpkin Soup §<br>English Pea Salad<br>Cuke/Tomato Salad<br>Fruit Cocktail      | <b>23</b> Meatloaf w/ Gravy<br>Mashed Potatoes<br>Peas & Carrots<br>Whole Wheat Roll<br>Butterscotch Pudding<br>MOD: SF Pudding | <b>24</b> Cranberry Chicken<br>Rice Pilaf<br>Green Beans<br>Multigrain Bread<br>Pineapple<br><b>MERV: PIANO</b>                                                                                                           | <b>25</b> Christmas Day<br>No Meals Served<br>  | <b>26</b> Macaroni & Cheese<br>Broccoli<br>Stewed Tomatoes<br>Oatmeal Bread<br>Snack 'n Loaf<br>MOD: Blueberry Graham                         |
| Calories: 790 Fat: 44%<br>Sodium: 1060mg Fiber: 7g                                                                                                | Calories: 810 Fat: 29%<br>Sodium: 1000mg Fiber: 8g                                                                              | Calories: 720 Fat: 20%<br>Sodium: 760mg Fiber: 8g                                                                                                                                                                         |                                                                                                                                     | Calories: 730 Fat: 35%<br>Sodium: 1010mg Fiber: 7g                                                                                            |
| <b>29</b> Orange Chicken<br>Brown Herbed Rice<br>Mixed Vegetables<br>Whole Wheat Bread<br>Fresh Orange<br><b>DANCING W/HENRY</b>                  | <b>30</b> Turkey A La King<br>Buttered Noodles<br>Broccoli<br>Pumpernickel Bread<br>Fruit cocktail                              | <b>31</b> Stuffed Shells<br>with Spaghetti Sauce<br>Italian Vegetables<br>Rye Bread<br>Pineapple<br><b>CHARLENE</b><br><b>ENTERTAIN</b>                                                                                   | Milk and margarine are served at every meal and are included in the nutrition breakdown<br>❖ Indicates entrée has > 700 mg Sodium   |                                                          |
| Calories: 630 Fat: 18%<br>Sodium: 770mg Fiber: 9g                                                                                                 | Calories: 690 Fat: 25%<br>Sodium: 915mg Fiber: 7g                                                                               | Calories: 575 Fat: 21%<br>Sodium: 825mg Carb: 83g                                                                                                                                                                         |                                                                                                                                     |                                                                                                                                               |

Suggested Donation - \$2.00 per meal

**ACTIVITIES**

**DECEMBER**

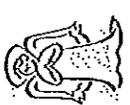
2014

"PEMBROKE PIONEER"

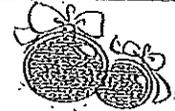
Call COA Office @ 781-294-8220 to sign up for activities.

LUNCH 11:30 - \$2 Nutrition 781-294-4645

PAGE 5

| MONDAY                                                                                                                       | TUESDAY                                                                                                                                                               | WEDNESDAY                                                                                                                                                                          | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>9:30 BCBS SEMINAR<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p> <p>1:00 BINGO</p>                              | <p>2</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Living Well Support Grp<br/>1:00 ZUMBA \$5</p>                           | <p>3</p> <p>10:00 DULL MEN<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 MOVIE</p>                                                                                         | <p>4</p> <p>9:00 TAI CHI<br/>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping<br/>1:00 Bingo @ Kilcommons</p>                                | <p>5</p> <p>7:50 MARKET BASKET<br/>9:00 Meet Rep Josh Cutler<br/>9:30 Rita's Chair Yoga \$4<br/>10:30 Card Crafting \$3<br/>11:30 Lunch \$2<br/>12:30 Whist &amp; Cribbage</p>                                              |
| <p>8</p> <p>10:00 TAI CHI<br/>10:00 Book Club<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p> <p>1:00 Dancing with Henry</p> | <p>9</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Living Well Support Grp<br/>1:00 ZUMBA \$5</p> <p>7:00 COA BOARD MTG</p> | <p>10</p> <p>10:00 DULL MEN<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30-3:00 OPEN HOUSE</p>                                                                              | <p>11</p> <p>9:00 TAI CHI<br/>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping</p>                                                           | <p>12</p> <p>7:50 Food Shopping<br/>9:30 Rita's Chair Yoga \$4<br/>10:30 Card Crafting \$3<br/>10:30 Kohl's &amp; Christmas Tree Shop<br/>11:30 Lunch \$2<br/>12:30 Jewelry Making Class<br/>12:30 Whist &amp; Cribbage</p> |
| <p>15</p> <p>10:00 TAI CHI<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p> <p>1:00 BINGO</p>                                 | <p>16</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>10:30 FRIENDS OF COA<br/>11:30 Lunch \$2</p>                                                      | <p>17</p> <p>1:00 Attorney Conroy by Apt</p> <p>10:00 DULL MEN<br/>10:30 Walking Group<br/>12:30 CHRISTMAS PARTY<br/>SPONSORED BY FRIENDS OF COA</p>                               | <p>18</p> <p>9:00 TAI CHI<br/>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping<br/>1:00 Bingo @ Kilcommons</p>                               | <p>19</p> <p>7:50 Food Shopping<br/>9:30 Rita's Chair Yoga \$4<br/>10:30 Card Crafting \$3<br/>10:30 Hanover Mall &amp; Target<br/>11:30 Lunch \$2<br/>12:30 Poetry Workshop<br/>12:30 Whist &amp; Cribbage</p>             |
| <p>22</p> <p>10:00 TAI CHI<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p> <p>1:00 Dancing with Henry</p>                    | <p>23</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Living Well Support Grp<br/>1:00 ZUMBA \$5</p>                          | <p>24</p> <p>10:00 DULL MEN<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Piano Man Merv</p>                                                                               | <p>25</p> <p><i>Christmas Day</i><br/><br/>NO LUNCH OR MOW OFFICE CLOSED</p> | <p>26</p> <p>7:50 Food Shopping<br/>9:30 Rita's Chair Yoga \$4<br/>10:30 Hanover Mall<br/>11:30 Lunch \$2<br/>12:30 Whist &amp; Cribbage</p>                                                                                |
| <p>29</p> <p>10:00 TAI CHI<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p> <p>1:00 Dancing with Henry</p>                    | <p>30</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Living Well Support Grp<br/>1:00 ZUMBA \$5</p>                          | <p>31</p> <p>10:00 DULL MEN<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Charlene</p>  | <p>FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT</p>                                                                                                  | <p>WALKING GROUP WEATHERING PERMITTING MEALS ON WHEELS AND MEDICAL DRIVERS ARE NEEDED</p>                                                                                                                                   |

**BINGO IN DECEMBER  
 BAD STORM, NO BINGO**  
 Free refreshments - Cash Prizes



Monday, DECEMBER 1, @ 1:00 pm and Monday, DECEMBER 15, @ 1:00 pm

If you need a ride, you must call in advance—781-294-8220

**FREE HEALTH SCREENING CLINICS: PLEASE NOTE CHANGE OF DATES**  
**LAST PATIENT 15 MINUTES BEFORE CLOSING TIME.**

|                           |                             |                |
|---------------------------|-----------------------------|----------------|
| COUNCIL ON AGING          | WEDNESDAY, December 3, 2014 | 9:30-10:30 am  |
| KILCOMMONS COMMUNITY ROOM | MONDAY, December 15, 2014   | 10:00-11:00 am |
| MACDONALD WAY             | TUESDAY, December 16, 2014  | 10:00-11:00 am |
| MAYFLOWER COURT           | MONDAY, December 22, 2014   | 10:00-11:00 am |

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, nutritional counseling, medication review and instruction.

**DANCING CAN KEEP YOU FIT**

- **EXERCISES YOUR MEMORY** - Dancing is more than just movement. You exercise your memory when you remember the steps and the sequence of a dance.
- **BURNS CALORIES** - You burn a lot a calories while you have fun.
- **IMPROVES CIRCULATION** - Your blood circulation benefits from dancing - your heart pumps faster and more efficiently, improving your cholesterol and blood sugar levels.
- **CARDIO WORKOUT** - Dancing offers a unique cardio workout for people of any age.
- **IMPROVES STAMINA** - Dancing improves your stamina *and* endurance.
- **HELPS BONES AND JOINTS** - Your bones and joints are put to work, lessening your chances of injuries.
- **HELPS ARTHRITIS** - Dancing protects you from arthritis. This low impact exercise lubricates your bones!
- **IMPROVES YOUR BALANCE** - When you are instructed to change positions and make turns you are learning to control how your body moves and find ways to avoid falling.



**HENRY LOVES TO DANCE AND NEEDS PARTNERS. SEE ACTIVITIES PAGE FOR DATES AND TIMES.**



**IN MEMORIAM**

Jane M. Coakley, Frank M. Dodge, Gilbert C. Farrar, Alice M. Morway, Marcello R. Sanesi,  
 Jean M. Sears, Stephanie B. Way

"O give thanks unto the Lord; for he is good; because his mercy endureth for ever."  
 PSALM: 118:1

Advertisement Available  
508.697.5227

Advertisement Available  
508.697.5227

Advertisement Available  
508.697.5227

 **Old Colony Elder Services**  
Providing services to the community since 1974

144 Main Street – Brockton, MA 02301  
508-584-1561 TTY 508-587-0280  
www.oldcolonyelderservices.org

Advertisement Available  
508.697.5227

Aeration & Dethatching  
Edging & Weeding  
Fertilizer  
Gutter Cleaning  
Junk Removal  
Lawn Maintenance  
Mowing & Mulch  
Senior Discounts

**V.I.P. Landscaping**

Landscape Construction  
& Maintenance

508-889-5432  
Pembroke, MA

New Lawn Installation  
Parking Lot Cleaning  
Planting  
Retaining Walls  
Snow Ploving  
Spring & Fall Cleanups  
Tree Pruning & Removal  
Walkways

Advertisement Available  
508.697.5227



Bird Feed  
& Feeders

**FAMILY PET &  
GARDEN CENTER**

Route 53 • Pembroke, MA 02359

781-829-2220

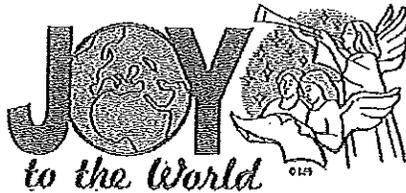
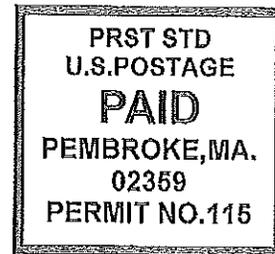
familypetandgarden@hotmail.com



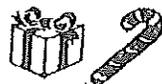
Animal  
Feeds & Needs

PEMBROKE COUNCIL ON AGING  
SENIOR CENTER  
144 CENTER STREET  
PEMBROKE, MA. 02359

CHANGE SERVICE REQUESTED



**EASY BAKE FISH**

|                                                                    |                                                                                     |                                                |                                                                                       |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>3 TBLS HONEY<br/>3 TBLS DIJON MUSTARD<br/>1 TSP LEMON JUICE</p> |  | <p>4 (6 OZ) FISH FILETS<br/>1/2 TSP PEPPER</p> |  |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------|

Preheat oven to 325 degrees. In a small bowl, mix honey, mustard and lemon juice. Spread mixture over the filets. Season with pepper. Arrange in a medium baking dish. Bake 20 minutes in the preheated oven, or until fish easily flakes with a fork.

Postage, printing and/or distribution of this Newsletter is made possible in part by a Grant from the  
Massachusetts Executive Office of Elder Affairs

"The Pembroke COA does not endorse the content of any seminars.  
They are for informational use only."

**COUNCIL ON AGING BOARD MEMBERS**

|                                                                                                                                                       |                                                                                     |                                                                          |                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Chairman: Linda Osborne—2017<br/>Vice Chairman: James Baillie—2015<br/>Recording Clerk: John MelchIn - 2017<br/>Treasurer: Kathleen Toole—2016</p> |  | <p>Kenneth Girten—2015<br/>James Kinkaid—2015<br/>Janet Laberge—2016</p> |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|

Next Board Meeting 6 pm, December 9, 2014