

## Nutrition Column

### - May: Older American Month-

**Older Americans Month 2025** celebrates the theme “Powered by Connection.” While social bonds support mental well-being, **nutrition is the foundation** that keeps older adults active, independent, and socially engaged.

#### Nutrition Supports Brain and Mood

B vitamins, omega-3s, and antioxidants boost memory and reduce fatigue. Stable meals help manage blood sugar and keep the mind sharp.

#### Build Strength for Daily Life

Protein and calcium help preserve muscle and bone strength, reducing fall risk. This supports mobility for chores, errands, and attending events.

#### Meals Encourage Social Connection

Eating well gives energy to join group activities or visit loved ones. Shared meals can ease loneliness and lift mood.

#### Tips

Eat with others

Choose easy, healthy foods

Keep a routine

This article was provided by Dietitian Sophia Ding.  
If you have any questions, please call 617-936-3913

**For meal related questions, please call our  
new customer service number 857-990-1775**

## Senior Centers/M meal Sites

### Quincy Tower

5 Oak Street West, Boston  
Tel: (617) 423-7560  
Fax: (617) 423-0502

Breakfast & Lunch Dine-In  
Breakfast Time: **8:00am-10:00am**  
Lunch Time: **11:15am-12:30pm**  
Activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

### Hong Lok House

25 Essex Street, Boston  
Tel: (617) 936-3966  
Fax: (617) 350-4621

Lunch Dine-In  
Lunch Time: **11:30am-1:00pm**  
Activities: Dance, ESL, Balance Exercise, Technology Workshops

### Brighton House

677 Cambridge St., Brighton  
Tel: (617) 789-4289  
Fax: (617) 789-5623

Lunch Dine-In  
Lunch Time: **11:30am-12:00pm**  
Activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

## Adult Day Health Program

The Greater Boston Chinese Golden Age Center running three Adult Day Health Centers in the Boston area. We provide a safe, respectful and home-like environment where seniors can maintain their physical and social well-being while also giving caregivers the support and peace of mind they need. We offer a range of services, including:

- **Daily functioning training:** including games, exercises, social programs and individual therapy to help maintaining memory, cognitive & physical strengths.
- **Health monitoring & nursing care:** our experienced nurses oversee seniors' medication and health conditions, assist on their doctors' appointment.
- **Nutritious & dietetic care:** We provide balanced meals tailored to seniors' dietary needs. Dietitian will also follow the seniors who are in need.
- **Transportation services:** We offer door-to-door transportation services.
- **Caregivers support:** We offer guidance, consultations and emotional support to caregivers to ensure that no one is alone on their caring journey.

**We warmly invite you and your family members to visit our center and experience our professional services. To learn more, please call us at 617-542-7458 to speak with our team members.**

Operation time: Monday to Friday from 9:00am to 2:00pm.  
For activity schedule, please check our website OR social media platforms.



Greater Boston Chinese Golden Age Center  
Nutrition Program

## Monthly Menu May 2025

中華耆英會  
營養計劃




# May Monthly Menu

\* indicates higher sodium items > 500 mg

For meal related questions, please call our new customer service number 857-990-1775

## Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>5</b> Baked Fish Fillet with Pickled Cabbage and Dried Bean Curd Main Course + 317mg Milk + 125mg Rice + 11mg Total Sodium = 454mg Calories: 500kcal	<b>6</b> Stir-fried Shrimp with Black Bean Sauce Main Course + 388mg + 125mg + 11mg Total Sodium = 525mg Calories: 481kcal	<b>7</b> Baked Chinese BBQ Pork Slices Main Course + 512*mg + 125mg + 11mg Total Sodium = 648mg Calories: 760kcal	<b>1</b> Baked Fish Fillet with Garlic Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 472kcal	<b>2</b> Soy Braised Chicken Thigh Main Course + 472mg + 125mg + 11mg Total Sodium = 609mg Calories: 1028kcal
<b>12</b> Mapo Style Tofu with Minced Pork Main Course + 515*mg Milk + 125mg Rice + 11mg Total Sodium = 651mg Calories: 927kcal	<b>13</b> Baked Egg Patty Main Course + 340mg + 125mg + 11mg Total Sodium = 476mg Calories: 658kcal	<b>14</b> Baked Pork Slices with Pickled Mustard Green Main Course + 387mg + 125mg + 11mg Total Sodium = 523mg Calories: 632kcal	<b>8</b> Yu-shiang Eggplant and Minced Pork Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal	<b>9</b> Minced Pork with Bean Sauce over Noodles Main Course + 687*mg + 125mg + 11mg Total Sodium = 812mg Calories: 828kcal
<b>19</b> Stir-fried Shrimp with Tomato Sauce Main Course + 884*mg Milk + 125mg Rice + 11mg Total Sodium = 1020mg Calories: 523kcal	<b>20</b> Stir-fried Dried Tofu with Ham Main Course + 597*mg + 125mg + 11mg Total Sodium = 733mg Calories: 627kcal	<b>21</b> Baked Fish Fillet with Sour Pickles Main Course + 141mg + 125mg + 11mg Total Sodium = 278mg Calories: 484kcal	<b>15</b> Stir-fried Shrimp with Salt and Pepper Spice Main Course + 736*mg + 125mg + 11mg Total Sodium = 872mg Calories: 433kcal	<b>16</b> Baked Fish Fillet with Creamy Corn Main Course + 430mg + 125mg + 11mg Total Sodium = 567mg Calories: 581kcal
<b>26</b> Closed for the day Memorial Day	<b>27</b> Steamed Pork Dumpling Main Course + 968*mg + 125mg Total Sodium = 1093mg High Sodium Calories: 477kcal	<b>28</b> Stir-fried Trio Main Course + 1121*mg + 125mg + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	<b>22</b> Tofu with Roasted Pork Belly Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal	<b>23</b> Baked Chicken Wings with Ginger Main Course + 312mg + 125mg + 11mg Total Sodium = 448mg Calories: 670kcal
		<b>29</b> Tofu Stew with Sugar and Vinegar Sauce Main Course + N/A + 125mg + 11mg Total Sodium = N/A Monthly Special Calories: N/A	<b>30</b> Baked Pork Ribs with Black Bean Sauce Main Course + 167mg + 125mg + 11mg Total Sodium = 303mg Calories: 670kcal	

If you choose not to eat your lunch right away, please put it in the refrigerator immediately.

When you are ready to consume the lunch:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes. Do not heat over 30 minutes.

\*Caution: containers should never be put into a toaster oven.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions. **Please watch out for small bones in your meal to avoid choking or discomfort while eating.**



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, soybeans and sesame; and, food ingredient that contain these proteins.