

Nutrition Column

- Summer A Great Time to Build Bones -

Summer sunshine and healthy meals help older adults strengthen bones and prevent falls — but don't forget to protect your skin!

Why Bone Health Matters

As we age, bones lose density and become more fragile.

- **Calcium** builds strong bones. Aim for **1,200 mg per day**.
- **Vitamin D** helps the body absorb calcium and prevents bone loss

Safe Sun for Vitamin D

Sunlight helps your body make vitamin D, but overexposure can lead to heatstroke, sunburn, and skin aging. Follow these tips:

- **Time:** Before 9 AM or after 4 PM in summer
- **Expose:** Arms or lower legs only — avoid face to protect skin and eyes
- **Duration:** 10–20 minutes, 2–3 times per week
- **After sun:** Apply SPF 30+ sunscreen, wear light, long sleeves, and a hat

This article was provided by Dietitian Sophia Ding.
If you have any questions, please call 617-936-3397

**Our customer service number
is 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

Health and Wellness Program

Greater Boston Chinese Golden Age Center currently collaborates with several nonprofit organizations dedicated to promoting health and wellness. Together, they regularly provide free, evidence-based health programs for qualified community members, including:

- **Chronic Disease Self-Management Program:** Enhances participants' awareness and ability to manage their long-term chronic conditions.
- **Diabetes Self-Management Program:** Improves participants' understanding and skills in managing diabetes.
- **A Matter of Balance Program:** Helps older adults increase awareness of fall prevention and encourages more daily physical activity.
- **Healthy IDEAS:** Encourages participants to engage in meaningful activities through behavioral activation, empowering them to manage symptoms of depression.
- **Tai Chi:** Teaches participants to improve self-awareness and body control through gentle movement and exercise.
- **Walk with Ease:** Builds participants' confidence in maintaining physical activity and improves overall physical health.

Most of these programs are conducted in small groups, led by certified instructors, teach scientifically proven health practices to help participants improve self-care and well-being.

Please contact Miss He via 617-285-5045 if you are interested in the programs.



Greater Boston Chinese Golden Age Center
Nutrition Program

Monthly Menu June 2025

中華耆英會
營養計劃



June Monthly Menu

* indicates higher
sodium items > 500 mg

Our customer service number
is 857-990-1775

Food Safety Rules

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 micro-
wave 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.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Steamed Fish Fillet with Goji and Wood ear Main Course + 142mg Milk + 125mg Rice + 11mg Total Sodium = 491mg Calories: 279kcal	3 Stir-fried Shrimp with Salt and Pepper Spice Main Course + 736*mg Milk + 125mg Rice + 11mg Total Sodium = 872mg Calories: 433kcal	4 Yu-shiang Flavored Eggplant and Minced Pork Stew Main Course + 160mg + 125mg + 11mg Total Sodium = 296mg Calories: 530kcal	5 Baked Pork Ribs with Butternut Squash Main Course + 560*mg + 125mg + 11mg Total Sodium = 696mg Calories: 741kcal	6 Family-Style Vegetarian Dish Main Course + 111mg + 125mg + 11mg Total Sodium = 247mg Calories: 546kcal
9 Tofu, Pickled Cabbage and Pork Stew Main Course + N/A Milk + 125mg Rice + 11mg Total Sodium = N/A Calories: N/A	10 Baked Chicken Slices with Shiitake Mushroom and Wood ear Main Course + 125mg + 125mg + 11mg Total Sodium = 451mg Calories: 618kcal	11 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 11mg Total Sodium = 749mg Calories: 700kcal	12 Baked Pork Patty Main Course + 352mg + 125mg + 11mg Total Sodium = 488mg Calories: 622kcal	13 Baked Chicken Wings with Chinese BBQ Sauce Main Course + 647*mg + 125mg + 11mg Total Sodium = 784mg Calories: 760kcal
16 Stir-fried Shrimp with Garlic Main Course + 764*mg Milk + 125mg Rice + 11mg Total Sodium = 921mg Calories: 545kcal	17 Baked Pork Slices with Pickled Cabbage Main Course + 387mg + 125mg + 11mg Total Sodium = 523mg Calories: 632kcal	18 Mild Spicy-boiled Fish Fillet Main Course + 426mg 125mg + 11mg Total Sodium = 562mg Calories: 506kcal	19 Closed for the day Juneteenth	20 Noodles with Curry Fish Balls Main Course + 616*mg + 125mg Noodle + 252 Total Sodium = 994mg Calories: 585kcal
23 Baked Pork Ribs with Sugar and Vinegar Sauce Main Course + 356mg Milk + 125mg Rice + 11mg Total Sodium = 492mg Calories: 758kcal	24 Baked Egg Patty with Shrimp Main Course + N/A + 125mg Rice + 11mg Total Sodium = N/A Monthly Special Calories: N/A	25 Steamed Pork Feet Main Course + N/A + 125mg + 11mg Total Sodium = N/A Calories: N/A	26 Tofu with Roasted Pork Belly Main Course + 123mg + 125mg + 11mg Total Sodium = 259mg Calories: 571kcal	27 Soy braised Chicken Thigh Main Course + 235mg + 125mg + 11mg Total Sodium = 372mg Calories: 620kcal
30 Stir-fried Trio Main Course + 1121*mg Milk + 125mg Rice + 11mg Total Sodium = 1257mg High Sodium Calories: 596kcal	LET'S CELEBRATE! FATHER'S DAY 一起慶祝 父親節			

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.