

Medicare Update

Medicare Open Enrollment Is Here! (October 15 – December 7)

Medicare plans may change each year, including coverage and costs for medical services and prescription drugs. Open Enrollment is an important time to review your coverage and make changes if needed!

If you have Medicare, we encourage you to review your plan annually. We offer free, unbiased Medicare counseling to help you compare plans and find the coverage that best meets your needs. Please call 617-357-0226 or 617-936-3288.

We can help you review these important questions:

- Will your current doctors still accept your insurance next year?
- Will your prescription medications still be covered?
- Will your monthly premiums, deductibles, or copayments increase?
- Are you eligible for programs that help reduce your costs, such as assistance with your Medicare Part B premium?

In 2027, many insurance companies are making changes to premiums, copayments, and extra benefits (such as dental, vision, hearing, and OTC allowances). Please carefully review any notices from your insurance company. If you need help understanding these changes or deciding whether to switch plans, contact us before December 7.

If you receive a notice that your Medicare plan will be discontinued at the end of 2026 and will not be renewed, you may qualify for a Special Enrollment Period through February 28, 2027 to choose another plan. To avoid disruptions to your coverage, please contact us as soon as possible to schedule a consultation and make any necessary changes!

Senior Centers/Meal Sites

Quincy Tower

5 Oak Street West, Boston, MA 02116
Tel: (617) 423-7560 Fax: (617) 423-0502

Breakfast & Lunch Dine-In
Breakfast Time: **8:00am-10:00am**
Lunch Time: **11:15am-12:30pm**

Open for in-person activities: Taichi, Dance, ESL, Calligraphy, Smart Phone Workshops, Painting

Hong Lok House

25 Essex Street, Boston, MA 02111
Tel: (617) 936-3966 Fax: (617) 350-4621

Lunch Dine-In
Lunch Time: **11:30am-1:00pm**

Open for in-person activities: Dance, ESL, Balance Exercise, Technology Workshops

Brighton House

677 Cambridge St., Brighton, MA 02135
Tel: (617) 789-4289 Fax: (617) 789-5623

Lunch Dine-In
Lunch Time: **11:30am-12:00pm**

Open for in-person activities: Taichi Soft Ball, Technology Workshops, ESL, Dance

Operation time: Monday to Friday
from 9:00am to 2:00pm.

For detailed activity schedule, please check our website OR social media platforms.



GBCGAC



GBCGAC



Greater Boston 中華耆英會
Chinese Golden Age Center



Greater Boston Chinese Golden Age Center

Nutrition Program

Monthly Menu November 2026

中華耆英會
營養計劃



November Monthly Menu

For questions and feedbacks, please call : 857-990-1775
Monday-Friday 9:00am- 5:00pm

Food Safety Rules

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken Slices with Chestnut Main Course + 216mg Milk + 125mg Rice + 3mg Total Sodium = 344mg Calories: 622kcal	3 Baked Egg Patty with Shrimp Main Course + 957*mg Milk + 125mg + 3mg Total Sodium = 1085mg Calories: 520kcal	4 Chinese Sausage and Bacon over Rice Main Course + N/A + 125mg + 3mg Total Sodium = N/A Monthly Special Calories: N/A	5 Steamed Fish Fillet with Goji and Black Fungus Main Course + 142mg + 125mg + 3mg Total Sodium = 271mg Calories: 521kcal	6 Tofu, minced Pork, and Sour Pickles Stew Main Course + 1052mg + 125mg + 3mg Total Sodium = 1181mg High Sodium Calories: 867kcal
9 Stir-fried Vegetarian Trio Main Course + 298mg Milk + 125mg Rice + 3mg Total Sodium = 426mg Calories: 563kcal	10 Baked Fish Patty Main Course + 302mg + 125mg + 3mg Total Sodium = 430mg Calories: 546kcal	11 Closed for the day Veterans Day	12 Lo Mien with Minced Pork in Black Bean Sauce Main Course + 687*mg + 125mg Noodle + 252mg Total Sodium = 812mg Calories: 828kcal	13 Soy-braised Chicken Wings Main Course + 235mg + 125mg + 3mg Total Sodium = 364mg Calories: 651kcal
16 Lo Mien with Pork Ribs in Black Bean Sauce Main Course + 167mg Milk + 125mg Noodle + 252mg Total Sodium = 295mg Calories: 701kcal	17 Stir-fried Shrimp with Celery Main Course + 784*mg + 125mg Rice + 3mg Total Sodium = 913mg Calories: 576kcal	18 Baked Pork Chop with Black Peppr Sauce Main Course + 113mg + 125mg + 3mg Total Sodium = 242mg Calories: 542kcal	19 Baked Fish Fillet with Italian Seasoning Main Course + 613*mg + 125mg + 3mg Total Sodium = 741mg Calories: 731kcal	20 Stir-fried Tomato, Egg, and Pork Slices Main Course + 171mg + 125mg + 3mg Total Sodium = 300mg Calories: 647kcal
23 Family-style Vegetarian Dish Main Course + 111mg Milk + 125mg Rice + 3mg Total Sodium = 239mg Calories: 577kcal	24 Stir-fried Trio with Shrimp Main Course + 1121*mg + 125mg + 3mg Total Sodium = 1249mg High Sodium Calories: 627kcal	25 Thai-style Chicken Wings Main Course + 736*mg + 125mg + 3mg Total Sodium = 874mg Calories: 694kcal	26 Closed for two days Thanksgiving	27 HAPPY THANKSGIVING
30 Pork Dumpling Main Course + 968*mg Milk + 125mg Total Sodium = 1093mg Calories: 477kcal				

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 mainutes
- 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.

Please watch out for small bones in your meal to avoid choking or discomfort while eating.

Client Not at Home Policy

For food safety and client well-being, meals cannot be left unattended if no one is home to receive them. If you have any special delivery instructions or changes, please contact us or your case manager in advance.



* indicates higher sodium items > 500 mg 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.

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.