

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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4 8:45 AARP Tax Prep. 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery 1:00 Cards	5 8:45 AARP Tax Prep 11:30 Grab & Go 1:00 Bingo	6 9:00 Art Class	7 11:30 Grab & Go 1:00 Scrabble	8 12:00 Calvary Pentecostal Church Free Drive Through Lunch
11 8:45 AARP Tax Prep. 9:00 Pool Table 10:00 SHINE 10:00 Knitting/Crochet/ Embroidery 1:00 Cards	12 8:45 AARP Tax Prep 10:00 Coffee & Muffins with our Interim Town Administrator 10:00 Town Nurse 11:30 Grab & Go 1:00 Bingo	13 9:00 Art Class	14 11:30 Grab & Go 1:00 Scrabble	15 Good Friday
18 Patriots' Day CLOSED	19 11:30 Grab & Go 1:00 Bingo	20 9:00 Art Class 11:00 Book Club @ The Police Station	21 10:00 Bereavement Group 1:00 Scrabble 11:30 Grab & Go	22
25 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery 1:00 Cards	26 11:30 Grab & Go 1:00 Bingo	27 9:00 Brown Bag 9:00 Art Class	28 1:00 Scrabble 11:30 Grab & Go	29

2022 Medicare Premiums Have Increased

Do you need assistance?

Part A Premium:

Individuals who did not work 40 credits will pay a monthly Part A premium based on the amount of credits they worked.

0-29 credits \$499/month **30-39 credits** \$274/month



Part B Premium:

The monthly standard Medicare Part B Premium in 2022 for Medicare beneficiaries will be \$170.10. It may be a little less for those protected under the hold harmless provision.

The Part B premium a beneficiary pays each month is based on his or her annual income. Specifically, if a beneficiary's "modified adjusted gross income" (MAG) is greater than the legislated threshold amounts the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefits. This larger portion is called IRMAA (Income Related Monthly Adjustment Amount). The Affordable Care Act requires Part D enrollees whose income exceeds the same thresholds pay a monthly adjustment amount. The monthly Part D adjustment will be taken out of a beneficiary's Social Security check and paid to Medicare. These enrollees will pay the regular plan premium to their Part D plan. Social Security will inform Beneficiaries of their adjustments. Appeals procedures will be included.

The 2022 Part B Premium and Part D adjustment amount are based on one's 2020 tax return.

If you need help because of these increased premiums, or with any other aspect of your health insurance, SHINE offers free counseling at your Senior Center. Call your COA and ask for a SHINE counselor. You can reach a SHINE volunteer **by phone at 774-203-1910 or 508-222-1399**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold</p>	<p>For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</p>	<p>All Meals include:</p> <p>Milk: 110 Calories 125mg Sodium 12g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>		<p>1</p> <p>Tuna Salad 408 Beet Salad 173 Pasta Salad 56 WW Wrap 65 Peaches 5</p> <p>Sodium: 878 Calories: 644 Carbs: 83</p>
<p>4</p> <p>Beef Stir Fry 342 Peppers & Onions 3 White Rice 36 Oatmeal Bread 121 Applesauce 20</p> <p>Sodium: 694 Calories: 578 Carbs: 73</p>	<p>5</p> <p>Sloppy Joe 221 Potato Wedges 27 Chuckwagon Blend 2 Hamburger Roll 230 Pears 4</p> <p>Sodium: 656 Calories: 704 Carbs: 94</p>	<p>6</p> <p>Chicken Mozambique 326 Rice & Beans 35 Onions & Peppers 3 WW Bread 160 French Cheesecake 135 MOD: Pound Cake 110</p> <p>Sodium: 831 Calories: 1074 Carbs: 165</p>	<p>7</p> <p>Pork Lo Mein 254 Oriental Blend 26 Oatmeal Roll 121 Banana 1</p> <p>Sodium: 574 Calories: 728 Carbs: 102</p>	<p>8</p> <p>Salmon 67 Herb Sauce 76 Rice Pilaf 134 Green Beans 3 Honey Wheat Bread 135 Applesauce 20</p> <p>Sodium: 608 Calories: 579 Carbs: 70</p>
<p>11</p> <p>Crustless Turkey 221 Pot Pie Whipped Potato 52 Biscuit 340 Mixed Fruit 10</p> <p>Sodium: 776 Calories: 713 Carbs: 88</p>	<p>12</p> <p>Chicken à la King 183 Penne Pasta 1 Mixed Vegetable 41 Scali Bread 310 Peaches 5</p> <p>Sodium: 712 Calories: 731 Carbs: 98</p>	<p>13</p> <p>Beef Bordelaise 247 Whipped Sweet Potato 33 Peas 82 Whole Wheat Roll 160 Pears 4</p> <p>Sodium: 698 Calories: 741 Carbs: 89</p>	<p>14</p> <p>Ham 294 Pineapple Raisin Sauce 103 Oven Roasted Potato 33 California Blend 27 Multigrain Bread 190 Strawberry Cheesecake 105 MOD: Pound Cake 110</p> <p>Sodium: 923 Calories: 676 Carbs: 99</p>	<p>15</p> <p>Swedish Meatballs* 627 Egg Noodle 35 Carrots 77 Oatmeal Bread 121 Pineapple 1</p> <p>Sodium: 1033 Calories: 705 Carbs: 85</p>
<p>18 No Meals Served</p>  <p>© CanStockPhoto.com</p>	<p>19</p> <p>Stuffed Shells 400 Tomato Basil Sauce 55 Brussels Sprouts 12 Dinner Roll 210 Mixed Fruit 10</p> <p>Sodium: 859 Calories: 619 Carbs: 80</p>	<p>20</p> <p>Shrimp Jambalaya 310 Confetti Rice 43 Mexicali Corn 6 Tortilla 236 Mandarin Oranges 6</p> <p>Sodium: 773 Calories: 668 Carbs: 82</p>	<p>21</p> <p>Meatloaf 131 Rosemary Gravy 124 Au Gratin Potatoes 154 Trio Blend 3 WW Bread 160 Nectarine 0</p> <p>Sodium: 744 Calories: 729 Carbs: 87</p>	<p>22</p> <p>Turkey Divan 321 Penne Pasta 1 Au Gratin Potato 154 Mixed Vegetable 41 Oatmeal Roll 121 Lemon Pudding 110 MOD: SF Pudding 110</p> <p>Sodium: 920 Calories: 871 Carbs: 100</p>
<p>25</p> <p>Scallops 300 Newburg Sauce 142 Parsley Mashed Potato 53 Beans Bonanza 0 Rye Bread 300 Applesauce 20</p> <p>Sodium: 987 Calories: 723 Carbs: 93</p>	<p>26</p> <p>Buttermilk Chicken 459 Bowtie Pasta 1 Italian Blend Veg 26 Scali Bread 310 Mixed Fruit 10</p> <p>Sodium: 978 Calories: 686 Carbs: 94</p>	<p>27</p> <p>Pork Stew 277 White Rice 36 Multigrain Roll 190 Pineapple 1</p> <p>Sodium: 676 Calories: 719 Carbs: 80</p>	<p>28</p> <p>Veggie Chili 213 White Rice 36 Corn Muffin 280 Birthday Cake 209 MOD: SF Cake 170</p> <p>Sodium: 910 Calories: 800 Carbs: 131</p>	<p>29</p> <p>Broccoli & Egg Bake 342 Hash Browns 3 Scalloped Tomatoes 35 Fruit Loaf 135 Orange Juice 1</p> <p>Sodium: Calories: Carbs:</p>
Please inform Bristol Elder Services if you have any food allergies.				

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

Menu is subject to change without notice.