



November Nutrition



KATJANA BALLANTYNE
MAYOR

This month we will focus on the food groups and individual needs. Understanding how our appetites deceive us can help us to choose not only the right things to eat, but the right amounts. It is vitally important to eat to get the nutrients you need, even if your appetite has slowed down. If you're less active in your later years, you may need fewer calories, but you still need comparatively more protein and more of some micronutrients. So, if you are only eating small amounts, every mouthful needs to deliver what your body needs.

Join us for our Nutrition Classes:

Mondays: November 4th, November 18th & November 25th

11:00am-11:45am via ZOOM

12:30pm-1:15pm at the Ralph & Jenny Senior Center

Wednesdays: November 6th, November 13th, November 20th &

November 27th

10:00am - 10:45am at the Holland St. Senior Center

To RSVP and more Nutrition information on any of the classes, please contact Mary at Headtofitness10@yahoo.com or call 617 625-6600 ext.2316



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.