LINDEN/CHAMBERS

NEWSLETTER

NOVEMBER

OFFICE HOURS

MON. 8AM TO 3:30PM
WED. 8AM TO 3:30PM
FRI. 8AM TO 2:30PM



springwell



POLINA WING,
CARE COOORDINATOR
TEL.617-972-5602
EMAIL: PWING@SPRINGWELL.COM



- Need immediate assistance with tasks like picking up groceries or medications? Please call the 24/7 Urgent On Call at 781-795-2194 for assistance.
- If Polina Wing is unavailable and you need assistance, please call 617-926-4100 and ask to speak with the Case Manager On Call.

Join Us for a Cooking Class

Wednesday, November 4th

from 1pm to 2pm.





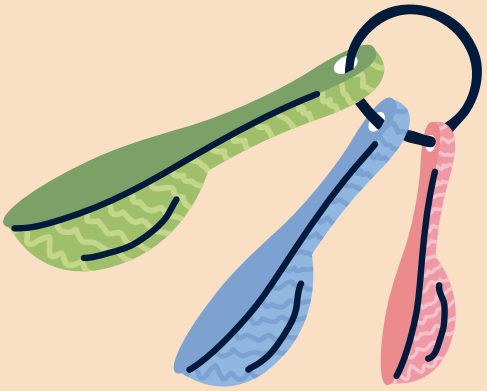






Apple and Cranberry Sauce Dessert





COMMUNITY KITCHEN
5 CHAMBERS ST
NEEDHAM



Please join us for

THANKSGIVING LUNCH

Wednesday, November 18th

12:30am to 2:00pm

Please RSVP to pwing@springwell or call at 617-972-5602

THANKSGIVING IS A MOMENT TO REFLECT UPON THE INCREDIBLE PEOPLE THAT TOUCH OUR LIVES. I'M ENDLESSLY THANKFUL FOR YOU BEING SUCH A VIBRANT PART OF MINE.



MetroWest Legal Services
Protecting rights. Improving lives.

PLEASE JOIN US FOR A MEETING WITH VERA OCHEA,
SUPERVISING ATTORNEY AT METROWEST LEGAL SERVICES
ON

MONDAY, NOV. 30TH AT 2:30PM

METROWEST LEGAL SERVICES PROVIDES FREE LEGAL AID TO SENIORS ON HOUSING, PUBLIC BENEFITS AND SOCIAL SECURITY MATTERS; DURABLE POWER OF ATTORNEY, HEALTH CARE PROXY AND SIMPLE PROBATE MATTERS; MEDICAID, NURSING HOME ISSUES, LIMITED DOMESTIC RELATIONS; CONSUMER AND BANKRUPTCY.





LINE DANCING CLASS WITH PAUL HUGHES

Its time to show your moves!

Wednesday, November th 25th

from 11:30am to 12:30pm

Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various Senior, Recreation & Community Centers throughout MetroWest Boston. His mission, purpose and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental and social benefits of dancing.

For more information go to:
www.stepsinline.com



Community Room
5 Chambers St. Needham



November







Springwell Nutrition : LUNCH MENU – NOVEMBER 2026 – Linden & Ch… 5 Chambers Street, Needham, MA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **General Tso's Chicken** White Rice Bok Choy & Shredded Whole grain roll Chocolate Chip Cookie **Calories: 732 / Sodium: 702 mg**	3 **Minestrone Soup** Cheeseburger with Bun Sweet Potato Fries Fiesta Corn Fresh Pear **Calories: 888 / Sodium: 906 mg**	4 **Salmon Cake** Orzo Vegetable Squash Blend Whole grain bread Apple Blueberry Crisp **Calories: 671 / Sodium: 541 mg**	5 **Arroz con Pollo** **Yellow Rice and Beans** Peppers and Onions Whole Grain Bread Fresh Apple **Calories: 1070 / Sodium: 410 mg**	6 **Cheese Tortellini w/ Sauce** Broccoli & Cauliflower Garlic Knot Applesauce **Calories: 794 / Sodium: 963 mg**
9 **Lentil Stew** **Couscous** **Carrots** Whole Grain Bread Pear Cobbler **Calories: 982 / Sodium: 999 mg**	10 **Mac n Cheese** Broccoli Whole Grain Bread Fresh Apple **Calories: 682 / Sodium: 654 mg**	11 Veteran's Day No Meal Delivery	12 **Italian Wedding Soup** American Chop Suey Cauliflower Whole Grain Bread Applesauce Cup **Calories: 704 / Sodium: 816 mg**	13 **Chicken with Mojo Sauce** Yellow Rice Mixed Vegetables Garlic Knot Chocolate Pudding **Calories: 843 / Sodium: 694 mg**
16 **Beef & Broccoli** **White Rice** **Dinner Roll** Fresh Pear **Calories: 472 / Sodium: 436 mg**	17 **Black Bean & Vegetable Soup** Southwest Chicken w/ Sauce Yellow Rice Seasoned Cabbage Whole Grain Bread Vanilla Pudding **Calories: 1035 / Sodium: 1371 mg**	18 **Stuffed Shells w/ Tomato Sauce** Green Beans Whole Grain Bread Applesauce Cup **Calories: 608 / Sodium: 860 mg**	19 **Sliced Turkey with Gravy** Mashed Potatoes & Stuffing Maple Carrots Dinner Roll Cranberry Sauce Pumpkin Spice Cake **Calories: 848 / Sodium: 989 mg**	20 **Pasta Bolognese** Sauteed Spinach Garlic Knot Fresh Apple **Calories: 868 / Sodium: 647 mg**
23 **Chicken Marsala** Penne Pasta Broccoli Whole Grain Bread Fresh Orange **Calories: 736 / Sodium: 497 mg**	24 **Tomato Vegetable Soup** Ham Tetrazzini Green Beans Dinner Roll Chocolate Pudding **Calories: 382 / Sodium: 1027 mg**	25 **Meatloaf with Gravy** Mashed Potatoes Stewed Tomatoes Multigrain Roll Applesauce Cup **Calories: 712 / Sodium: 762 mg**	26 Thanksgiving Holiday No Meal Delivery	27 Black Friday No Meal Delivery
30 **Eggbake with Ham** Hash Brown Sauteed Spinach Whole Grain Bread Fresh Pear **Calories: 680 / Sodium: 1318**				**MENU IS SUBJECT TO** MONTHLY MENU AT **WWW.SPRINGWELL.COM**



November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 coffee hour 10:30 Cooking class w/Polina 1pm	5	6 Music and Movement w/Jose 2:30pm	7
8	9 Art Gem workshop with Laura 2pm	10	11 Veterans Day Springwell office is closed	12	13	14
15	16 Centerpiece Craft workshop w/Geralyn 1pm	17	18 Thanksgiving Lunch 12:30	19	20 Metro Community De-clutter Presentation 10am	21
22	23 Polina Wing is out of the office	24	25 coffee hour 10:30 Line Dancing w/Paul 11:30	26 Thanskgiving Day Springwell's office is closed	27 Polina Wing is in the office 8am to 3:30pm	28
29	30 MetroWest Legal Services 2:30pm					

May this month bring peace, warmth, and moments to be truly thankful for



Music and Movement

with

Jose Soto

FRIDAY, NOVEMBER 6TH AT 2:30PM

Community Room
5 Chambers St
Needham



CENTERPIECE CRAFT Workshop w/Geralyn



MONDAY, NOVEMBER 16TH

1:00PM TO 2:00PM

Community Room

5 Chambers St. Needham

Paint Gem Art

Monday, November 9 at 2:00pm



JOIN LAURA IN MAKING
GEM ART MAGNETS AND HOLIDAY CARDS

METRO COMMUNITY DEVELOPMENT CORPORATION

PRESENTS:

"DECLUTTER DESTRESS."

FRIDAY,
NOVEMBER 20TH AT 10AM

METRO COMMUNITY DEVELOPMENT CORPORATION PROFESSIONAL COACHES
CAN HELP YOU TO SORT AND DISCARD CLUTTER,
MAKING THE DAUNTING PROCESS OF DE-CLUTTERING FASTER THAN WORKING ALONE.
PARTICIPANTS CONTROL WHERE ITEMS ARE PLACED, AND COACHES
HELP THE DECISION MAKING
PROCESS AND PHYSICALLY REMOVE ITEMS TO BE DISCARDED OR DONATED.