


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>NWSDS CLATSOP & TILLAMOOK COUNTIES APRIL 2010</p> |  <p>EARTH DAY, APRIL 22</p> | <p>A minimum donation of \$3.00 is requested from seniors 60 and older. Seniors under 60 must pay \$6.75</p> <p>1% Milk Served with All Meals</p> | <p>CHICKEN CAESAR SALAD w/Caesar Dressing Whole Wheat Roll Peach Cobbler</p> <p>1</p> | <p>♥ LIMA BEANS & TK HAM OR SHEPHERD'S PIE Broccoli Cuts Carrot Raisin Salad French Roll Baked Custard</p> <p>2</p> |
| <p>♥ CHICKEN DIVAN BAKE OR SPAGHETTI W/MEAT SC Herbed Carrots Garden Vegetable Salad Garlic Roll Apple Crisp</p> <p>5</p> | <p>SHAVED TURKEY SANDWICH HALF on Whole Wheat Bread Lentil Soup Pineapple Tidbits Molasses Cookie</p> <p>6</p> | <p>♥ HS PORK PATTY W/GVY OR CHICKEN PATTY W/GVY Garlic Whipped Potatoes Broccoli Cuts Seven Grain Bread Lemon Pudding</p> <p>7</p> | <p>KRAB SALAD with Whole Wheat Roll Chunky Tomato Rice Soup Four Bean Salad Frosted Cake</p> <p>8</p> | <p>♥ HS TURKEY PATTY W/GVY OR VEAL SCALLOPINI Whipped Potatoes Whole Kernel Corn Herb Bread Ice Cream Cup</p> <p>9</p> |
| <p>♥ SPINACH LASAGNA OR FARMER'S CHICKEN STEW Glazed Carrots Marin Green Bean Salad Bran Wheat Roll Oatmeal Cookie</p> <p>12</p> | <p>TURKEY SALAD with Whole Wheat Roll Vegetarian Vegetable Soup Ambrosia Salad Chocolate Zucchini Brownie</p> <p>13</p> | <p>♥ HUNG BEEF GOULASH OR CHICKEN RICE BAKE Green Peas Marin Spring Garden Salad Bran Rye Roll Cinnamon Applesauce</p> <p>14</p> | <p>SHAVED BEEF SANDWICH HALF on Whole Wheat Bread Cream of Broccoli Soup Chilled Pears Chocolate Fluff</p> <p>15</p> | <p>♥ CHEESE & GRN CHILE BK OR BEEF LAYER BAKE Mixed Vegetables Tossed Salad Whole Wheat Roll Butterscotch Bar</p> <p>16</p> |
| <p>♥ ROAST PORK W/GRAVY OR BK CHICKEN SUPREME Whipped Potatoes Oriental Blend Vegetables Oatmeal Bread Sugar Cookie</p> <p>19</p> | <p>MEATLOAF SANDWICH HALF on Whole Wheat Bread Chicken Rice Soup Carrot Mandarin Salad Frosted Cake</p> <p>20</p> | <p>♥ DICED BEEF STEW OR MEXICAN PASTA BAKE Broccoli Normandy Pear & Cheese Salad Garlic Roll Joy's Applesauce Cookie</p> <p>21</p> | <p>CHICKEN SALAD with Whole Wheat Roll Split Pea Soup Fresh Orange Rounds Cherry Whip</p> <p>22</p> | <p>♥ TUNA & PASTA OR BEEF CABBAGE BAKE Green Peas Spinach Romaine Salad Caraway Rye Roll Chocolate Oatmeal Bar</p> <p>23</p> |
| <p>♥ LEMON HERB CHICKEN OR ROAST BEEF W/GRAVY Lyonnais Potatoes Country Trio Vegetables Sunflower Seed Bread Peanut Butter Cookie</p> <p>26</p> | <p>EGG SALAD with Whole Wheat Roll Minestrone Soup Golden Fruit Cup Banana Pudding</p> <p>27</p> | <p>♥ CRM TURKEY & VEGT OR BEEF PATTY W/PEP/ONIONS over Whipped Potatoes Cut Green Beans Oat Bran Bread Cowboy Cookie</p> <p>28</p> | <p>SHAVED HAM SANDWICH HALF on Whole Wheat Bread Potato Onion Soup Sunshine Salad Mold Frosted Cake</p> <p>29</p> | <p>♥ BEEF CHILI W/BEANS OR CHICKEN BRUNSWICK STEW Herbed Carrots Green Pea Salad Cornbread Gelatin Jewels w/Top</p> <p>30</p> |

Move a Little, Lose a Little

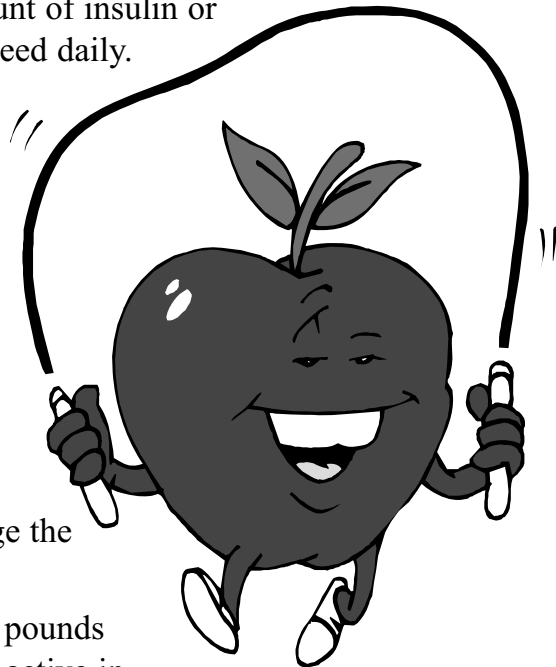
If you have diabetes or high blood pressure, your physician may prescribe medication and tell you to change some of your daily activities, such as to exercise more or lose weight. Both diabetes and high blood pressure can increase your risk for heart disease and stroke.

Losing even a little weight helps a lot. If you are overweight, dropping just 10 pounds can bring your blood pressure into the healthy range. If you have diabetes, exercise can lower your blood glucose levels and may lower the amount of insulin or diabetes medication that you need daily.

Just moving around more helps! Do something you enjoy so it can become a part of your lifestyle, not just a quick fix. Buddy up with a friend or family member to make it more fun. Walk the mall. Clean house. Garden. Swim. Dance. Play with children. Take the stairs. Ditch the remote and get up to change the TV channels.

Being more active helps the pounds come off. Try to be physically active in some way every day. Work your way up to 30 minutes a day. It does not have to be done all at once. You can break it up into 10 minutes at a time if you like.

Paired with your healthy diet, a little exercise each day can keep you at a healthier weight. Exercise may even help you sleep better. You'll look good and feel great.



Clatsop & Tillamook Counties Dining Site Schedules

SENIOR HELPLINE

(800) 584-9712

CLATSOP COUNTY

Seaside

Bob Chisholm
Community Center
Monday - Friday
(503) 738-9323

Svensen

Wickiup Grange Hall
Wednesday Only
(503) 458-6888

TILLAMOOK COUNTY

Nehalem

United Methodist Church
10th & "A" Street
Tuesday & Thursday
(503) 368-3622

Pacific City

Kiwanda
Community Center
34600 Cape Kiwanda Drive
Monday - Friday
(503) 965-7900

Tillamook

Tillamook Senior Center
316 Stillwell
Monday - Friday
(503) 842-9660