

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NORTH WEST SENIOR & DISABILITY SERVICES</p> <p align="center">APRIL 2010</p>	<p align="center">Suggested Donation: \$2.75 per meal</p> <p align="center">1% Milk served with all meals</p>	 <p align="center">EARTH DAY, APRIL 22</p>	<p>♥ Chicken Divan Bake or <u>Spaghetti w/Meat Sauce</u> Herbed Carrots Garden Vegetable Salad Garlic Roll Apple Crisp</p> <p align="right">1</p>	<p>♥ Baked Fish w/Tartar Sc or <u>Baked Ham w/Raisin Sc</u> Scalloped Potatoes Succotash Squash Roll Frosted Coconut Cake</p> <p align="right">2</p>
<p>♥ Hstyle Pork Patty w/Gvy or <u>Chicken Patty w/Gravy</u> Garlic Whipped Potatoes Broccoli Cuts Seven Grain Bread Lemon Pudding</p> <p align="right">5</p>	<p>♥ Spinach Lasagna or <u>Farmer's Chicken Stew</u> Glazed Carrots Marin Green Bean Salad Bran Wheat Roll Oatmeal Cookie</p> <p align="right">6</p>	<p>♥ HS Turkey Patty w/Gvy or <u>Veal Scallopini</u> Whipped Potatoes Whole Kernel Corn Herb Bread Ice Cream Cup</p> <p align="right">7</p>	<p>♥ Chicken Pastina or <u>Oriental Rice w/Ham</u> Green Peas Copper Penny Salad Multigrain Roll Frosted Marble Cake</p> <p align="right">8</p>	<p>♥ Meatloaf Sandwich Half or <u>Cold Cut Sandwich Half</u> on Whole Wheat Bread Split Pea Soup Pineapple Slaw Banana Chocolate Chip Bar</p> <p align="right">9</p>
<p>♥ Hungarian Beef Goulash or <u>Chicken Rice Bake</u> Green Peas Marin Spring Garden Salad Bran Rye Roll Cinnamon Applesauce</p> <p align="right">12</p>	<p>♥ Chicken Pomodoro or <u>German Meatballs</u> Whole Kernel Corn Cardinal Citrus Salad Dill Roll Frosted Lemon Cake</p> <p align="right">13</p>	<p>♥ Cheese & Green Chile Bk or <u>Beef Layer Bake</u> Mixed Vegetables Tossed Salad Whole Wheat Roll Butterscotch Bar</p> <p align="right">14</p>	<p>♥ Shv Turkey Sand Half or <u>Shv Ham/Cheese Sand Half</u> on Whole Wheat Bread Cream of Broccoli Soup Pickled Beets Mocha Fluff</p> <p align="right">15</p>	<p>♥ Baked Chicken Supreme or <u>Roast Pork w/Gravy</u> Whipped Potatoes Oriental Blend Vegetables Oatmeal Bread Sugar Cookie</p> <p align="right">16</p>
<p>♥ Diced Beef Stew or <u>Mexican Pasta Bake</u> Broccoli Normandy Pear & Cheese Salad Garlic Roll Joy's Applesauce Cookie</p> <p align="right">19</p>	<p>♥ Tuna & Pasta or <u>Beef Cabbage Bake</u> Green Peas Spinach Romaine Salad Caraway Rye Roll Chocolate Oatmeal Bar</p> <p align="right">20</p>	<p>♥ Egg Salad or <u>Chicken Salad</u> with Whole Wheat Roll Vegetable Beef Soup Marinated Vegetable Salad Almond Poppyseed Cake</p> <p align="right">21</p>	<p>♥ Lemon Herb Chicken or <u>Roast Beef w/Gravy</u> Lyonnaisse Potatoes Country Trio Vegetables Sunflower Seed Bread Peanut Butter Cookie</p> <p align="right">22</p>	<p>♥ Scalloped Potatoes w/Turkey Ham or <u>Spinach Omelet Bake</u> Broccoli Cuts Carrot Raisin Salad French Roll Banana Pudding</p> <p align="right">23</p>
<p>♥ Cream Turkey & Vegt or <u>Beef Patty w/Peppers & Onions</u> over Whipped Potatoes Cut Green Beans Oat Bran Bread Cowboy Cookie</p> <p align="right">26</p>	<p>♥ Herb Chicken Patty or <u>Seafood Patty</u> on a Bun Baked Beans Creamy Coleslaw Chilled Peaches</p> <p align="right">27</p>	<p>♥ Beef Chili w/Beans or <u>Chicken Brunswick Stew</u> Herbed Carrots Green Pea Salad Cornbread Gelatin Jewels w/Whipped Topping</p> <p align="right">28</p>	<p>♥ Chicken Chow Mein or <u>Macaroni & Cheese</u> Broccoli Cuts Romaine Iceberg Salad Cracked Wheat Roll Vanilla Pudding or Birthday Cake</p> <p align="right">29</p>	<p>♥ Roast Turkey w/Gravy or <u>Liver & Onions w/Gvy</u> Whipped Potatoes Mixed Vegetables Onion Bread Birthday Cake</p> <p align="right">30</p>

Move a Little, Lose a Little

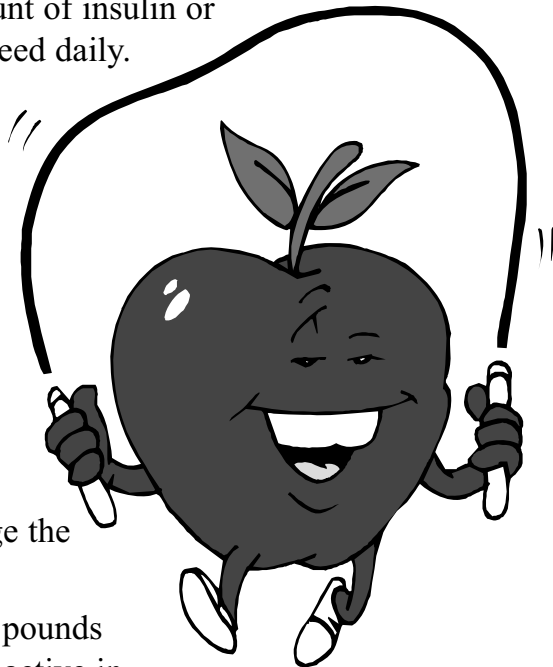
If you have diabetes or high blood pressure, your physician may prescribe medication and tell you to change some of your daily activities, such as to exercise more or lose weight. Both diabetes and high blood pressure can increase your risk for heart disease and stroke.

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.



Dining Centers & Days of Service Call for Lunch Reservations

**MARION, POLK
& YAMHILL COUNTIES**
Dallas, La Creole Manor
Monday - Friday (503) 623-6232

**McMinnville,
McMinnville Senior Center**
Monday - Friday (503) 472-4214

Monmouth, Praise Assembly Church
Monday - Friday (503) 838-2084

**Mt. Angel,
Mt. Angel Community Center**
Tuesday/Thursday (503) 845-9464

Newberg, Chehalem Senior Center
Monday - Friday (503) 538-1490

**Sheridan, Church of the
Nazarene**
Monday - Friday (503) 843-2000

Silverton, Silverton Sr. Center
Monday - Friday (503) 873-6906

**Stayton, Stayton
Community Center**
Monday - Friday (503) 769-7995

**Woodburn,
First Presbyterian Church**
Monday - Friday (503) 981-3470

Salem, Capital Baptist Church
Monday - Friday (503) 365-9694

Salem, South Salem Sr. Center
Monday - Friday (503) 589-1748

Salem, Kingwood West
Monday - Friday (503) 363-3246

Salem, Southeast Neighbors
Monday - Friday (503) 371-0700