






TUESDAY		THURSDAY		
<p><b>NWSDS CLATSOP &amp; TILLAMOOK COUNTIES</b></p> <p><b>APRIL 2010</b></p>	 <p><b>APRIL FOOL'S DAY</b></p> <p><b>THURSDAY, APRIL 1</b></p>		<p>♥ <b>ROAST TURKEY W/GVY OR <u>BEEF SWISS STYLE PATTY</u></b> Whipped Potatoes Country Trio Vegetables Dill Bread Chocolate Chip Cookie 1</p>	
	<p><b>SHAVED TURKEY SANDWICH HALF</b> on Whole Wheat Bread Lentil Soup Pineapple Tidbits Molasses Cookie 6</p>		<p>♥ <b>HS PORK PATTY W/GVY OR <u>CHICKEN PATTY W/GVY</u></b> Garlic Whipped Potatoes Broccoli Cuts Seven Grain Bread Lemon Pudding 8</p>	
 <p><i>April Showers</i></p>	<p><b>TURKEY SALAD</b> with Whole Wheat Roll Vegetarian Vegetable Soup Ambrosia Salad Chocolate Zucchini Brownie 13</p>		<p>♥ <b>HUNG BEEF GOULASH OR <u>CHICKEN RICE BAKE</u></b> Green Peas Marin Spring Garden Salad Bran Rye Roll Cinnamon Applesauce 15</p>	<p><b>TAX DEADLINE! THURSDAY, APRIL 15</b></p>
	<p><b>MEATLOAF SANDWICH HALF</b> on Whole Wheat Bread Chicken Rice Soup Carrot Mandarin Salad Frosted Cake 20</p>	<p><b>EARTH DAY THURSDAY, APRIL 22</b></p>	<p>♥ <b>DICED BEEF STEW OR <u>MEXICAN PASTA BAKE</u></b> Broccoli Normandy Pear &amp; Cheese Salad Garlic Roll Joy's Applesauce Cookie 22</p>	
	<p><b>EGG SALAD</b> with Whole Wheat Roll Minestrone Soup Golden Fruit Cup Banana Pudding 27</p>		<p>♥ <b>CRM TURKEY &amp; VEGT OR <u>BEEF PATTY W/PEP/ONIONS</u></b> over Whipped Potatoes Cut Green Beans Oat Bran Bread Cowboy Cookie 29</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>

## Move a Little, Lose a Little

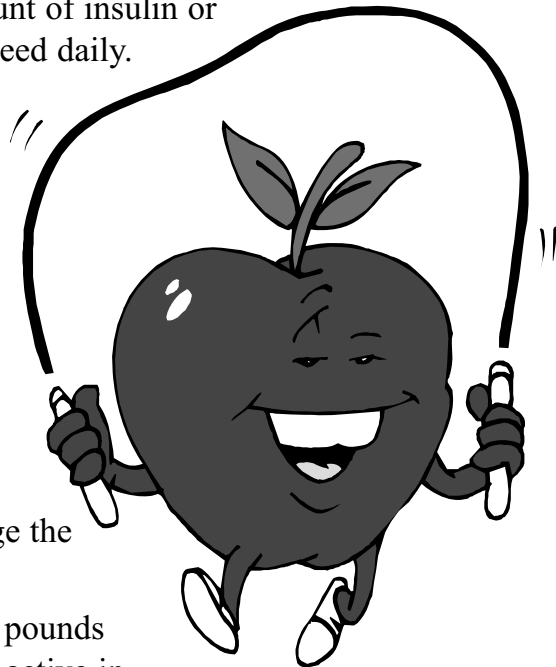
If you have diabetes or high blood pressure, your physician may prescribe medication and tell you to change some of your daily activities, such as to exercise more or lose weight. Both diabetes and high blood pressure can increase your risk for heart disease and stroke.

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