

MILWAUKEE COUNTY SENIOR DINING

INDIAN COUNCIL OF THE ELDERLY
944 N. 33rd STREET

(414)933-1401

FOR IN-PERSON DINING

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD BAR 2 Shepherd's Pie Corn Biscuit Fruit Cup Cookie	3	4	SALAD BAR 5 BBQ Chicken Mashed Potatoes Baked Beans Dinner Roll Peaches	SALAD BAR 6 Ricotta Stuffed Shells Sausage Marinara Mixed Vegetables Garlic Bread Fresh Fruit
SALAD BAR 9 Grilled Cheese Tomato Soup Green Beans Juice Clementine	10	11	CLOSED 12 <div style="border: 1px solid white; padding: 5px; margin: 5px; background-color: green; color: white; border-radius: 10px;"> OUTING: <i>Christmas Play</i> </div>	SALAD BAR 13 Boneless Pork Ribs Sweet Potatoes Collard Greens Cornbread Baker's Choice
SALAD BAR 16 Chicken Salad Wrap Chicken Ramen Soup Coleslaw Juice Jello	17	18	SALAD BAR 19 Hunter's Stew Sauerkraut Pierogi Banana Cake	SALAD BAR 20 Bison & Beef Chili Corn Pudding Sourdough Bread Applesauce Cookie
SALAD BAR 23 Mostaccioli Bake w/Italian Sausage Chef's Vegetables Italian Bread Fresh Fruit Pie	24	25	SALAD BAR 26 Baked Ham Mashed Potatoes Green Beans Rye Bread Pudding	SALAD BAR 27 Swedish Meatballs Egg Noodles Broccoli Florets Dinner Roll Cake
SALAD BAR 30 Turkey & Gravy Stuffing Baby Peas Juice Creamy Fruit Cup	31	 RESERVATIONS PREFERRED <div style="background-color: blue; color: white; padding: 5px; display: inline-block;">PLEASE CALL</div> 414-933-1401		Suggested Contribution \$3.00 60+ 

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5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.

Fruits	Vegetables
Grains	Protein
Dairy	

Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



4 Things To Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



- 1 Depression can be treated.**
It's important to seek help early on.
- 2 Signs and symptoms of depression vary.**
For some older adults with depression, sadness may not be their main symptom.
- 3 Friends and family can help offer support.**
They can help watch for symptoms and encourage treatment.
- 4 Living a healthy lifestyle can help reduce feelings of depression.**
This may include eating a balanced diet and being physically active.

To learn more, visit www.nia.nih.gov/depression.

