





# JANUARY 2015



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
		MILK SERVED DAILY *Menu Subject to Change*			1 	2 <b>Tuna Casserole</b> Carrots Roll Applesauce			
					<b>CENTER CLOSED!</b> <b>NEW YEAR'S DAY!</b>	<b>3</b> <b>Beef Tacos</b> Pinto Beans Salad Peaches	<b>4</b> <b>Kraut Dog</b> Potato Wedges Salad Chocolate Ice Cream	<b>5</b> <b>BBQ Pork</b> Baked Beans Chuckwagon Vegetables Baked Apple	<b>6</b> <b>Baked Fish</b> Lemon Wedge Potato Wedges Coleslaw Apricots
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
<b>Goulash</b> Spinach Salad Garlic Bread Orange		<b>Frito Pie</b> Broccoli Salad Peach Cobbler		<b>Chicken Fried Steak</b> Mashed Potatoes & Gravy Spinach Roll Fruit Cocktail		<b>Green Chili Stew</b> Salad Cornbread Apple		<b>Chicken Fajitas</b> Pinto Beans Asparagus Sherbet	
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
<b>Chicken Noodles</b> Carrots Salad Applesauce		<b>Pork &amp; Beans</b> Spinach Cucumber Salad Cornbread Peaches w/ Cottage Cheese		<b>Pepper Steak</b> Baked Potato California Vegetables Roll Cherry Cobbler		<b>Chicken Salad</b> Beet Salad Roll Tropical Fruit		<b>Chili Cheese Dog</b> Corn Salad Cookie	
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
<b>Beef Tips &amp; Noodles</b> Carrots 3 Bean Salad Roll Pears		<b>Stew</b> Salad Cornbread Orange		<b>Meatloaf</b> Mashed Potatoes & Gravy Green Beans Salad Ice Cream		<b>Beef &amp; Bean Burrito</b> Spanish Rice Stewed Tomatoes Salad Fruit Cocktail		<b>Shepherd's Pie</b> Green Beans Salad Roll Peaches	



## The Bonnie Dallas Senior Center Nutrition Program

109 E. La Plata Street, Farmington, NM 87401

Meals Served: Monday – Friday 11:45am – 1:00pm

Suggested Donation \$3.00 for anyone 60+  
\$6.00 for 59 and younger.



### 10 Tips to Help You Achieve Your New Year's Health Goals

With the New Year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle and losing weight. If this is your goal, follow these tips to stay on track:

#### 1. Find Your Motivation

Do you want to look better in your clothes, feel more energetic, or simply improve your health? Get clear about what you want, and then use that to inspire you throughout your journey.

#### 2. Have a Plan

Before January 1st arrives, outline the changes you want to implement and decide how you'll fit them into your schedule. Keep in mind that it may be best to take steps rather than tackle everything at once.

#### 3. Make Goals

Goals help measure progress. When making your goals, you need to make **SMART** goals:  
Specific \* Measurable \* Attainable \* Realistic \* Timely

#### 4. Track What You Eat

Looking closely at what you eat is often an eye-opening experience. Use a **Calorie Counter and Fitness Log** to keep track of everything you put into your body. You don't have to do it for the rest of your life, but it is a great habit to start.

#### 5. Use Reliable Resources

Find a reliable source of information to help you understand nutrition. The **USDA** offers a number of tools and resources, or you can consult a registered dietitian in your area.

#### 6. Eat Breakfast Every Day

Surely you've heard that breakfast is the most important meal of the day. It is! Eat a big healthy breakfast as early as possible. It will give you more energy, lead you to make healthier choices during the day, and keep you feeling full so you eat less later on.

#### 7. Fill Up on Vegetables

They are filled with nutrients, water, fiber, and very few calories. Use herbs and spices to jazz up vegetables instead of using butter and/or salt to flavor them.

#### 8. Exercise

Take it slow at first, and then increase your time and/or intensity once you feel comfortable. If you haven't exercised in a while, talk to your doctor to make sure that you are healthy enough to begin an exercise plan.

#### 9. Take It Slow

A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. This is almost always a recipe for disaster. Spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new good habits, put a couple more goals on your plate.

#### 10. Be Prepared for Lapses

A lapse is when you temporarily "fall off the wagon." This is a normal part of the process; no one is perfect. It is important for you to take a moment to recognize that you got sidetracked, but don't use it as an excuse to throw in the towel. Every day is a new chance to start over, so return to your healthy lifestyle immediately.

**Senior Center CLOSED for New Year's!**  
**Thursday, January 1, 2015**  
**Re-open Friday, January 2, 2015**

**Bar D Wranglers**  
**Saturday, January 24, 2015**  
Doors open at 6:00 p.m.  
In Main Building  
Performance will start from 7:00 p.m. to 8:00 p.m.  
\$8.00 Tickets sold in advance