



MARCH 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chili Cheese Dog Corn Salad Cookie	Beef Stew Salad Cornbread Pudding	Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Salad Roll Orange	Tuna Salad Sandwich Pickled Beets Salad Peaches	Green Chili Chicken Enchilada Spinach Salad Pears
9	10	11	12	13
Pork & Beans Spinach Cucumber Salad Cornbread Peaches w/ Cottage Cheese	Chicken Noodle Broccoli Bean Salad Roll Fruit Cocktail	Meat Loaf Mashed Potatoes w/ Gravy Green Beans Salad Roll Jello	Pork Posole Spinach Salad Cornbread Apple	Grilled Cheese & Lentil Soup Boiled Egg Salad Peanut Butter Cookie
16	17	18	19	20
Spaghetti w/ Meat Sauce Chuckwagon Vegetables Garlic Bread Salad Baked Apple	Cornbeef & Cabbage Peas & Carrots Salad Roll Lime Sherbet 	Hamburger Steak w/ Gravy & Mushrooms Mashed Potatoes Green Beans Roll Pineapple Chunks	Frito Pie Broccoli Salad Peach Cobbler	Bean & Beef Burrito Spinach Stewed Tomatoes Salad Fruit Cocktail
23	24	25	26	27
Baked Fish Potato Wedge Lemon Wedge Coleslaw Apricots	Goulash Green Beans Salad Roll Gingerbread	Smothered Steak Baked Potatoes California Vegetables Roll Cherry Cobbler	Green Chili Pork Stew Cornbread Salad Cookie	Hamburger On The Grill Lettuce, Tomato, Pickle Baked Beans Potato Salad Tropical Fruit
30	31	<p>Milk Served Daily</p> <p>Menu Subject to Change</p>		
Beef Tacos Pinto Beans Salad Peaches	Beef Stroganoff Spinach Salad Roll Pears			



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.



Ten Tips for Staying Healthy – No Matter What

1. Take three minutes in the morning for YOU. Before you check your phone or turn on any other electronics, take some deep breaths, set your intentions, check in with your body-mind. Having even a few moments of sanity first thing in the morning can change the way you relate to the rest of your day.
2. Make and eat a whole-foods breakfast, it will fuel your body for hours and give you the nutrition your brain and body need to sustain their sanity.
3. Take your vitamins. Your body goes through B-vitamins at a faster clip when you are stressed, and being short on essential nutrients can radically reduce your mental and physical capacity. So even if you're eating a healthy diet, it's wise to supplement with some basics.
4. Keep a protein drink mix and healthy snacks on hand. Blood-sugar crashes and carb cravings will become a thing of the past and your brain will thank you for the extra amino acids.
5. Master a few body-weight exercises you can do anywhere, such as: lunges, wall sit, chair pose, seated row.
6. Set a timer to 10 – 15 minute breaks every two hours. This will help keep your body's rhythms on an even pace to operate effectively throughout extended days.
7. Take a weekly yoga, meditation, or a relaxation class.
8. Keep a water bottle within reach at all times. You'll drink more, stay better hydrated, and function better as a result.
9. Decompress versus Multitask. Meditate, breathe, or listen to something calming rather than being in continuous contact with your to do list.
10. If you're doing all of the above regularly and still suffering, trust that it's your body's way of letting you know its needs are not being met. Make it your priority to find out how to create and maintain an optimal health.

Senior Prom
San Juan College
"Off the Interstate"
Saturday, March 7, 2015
 6:30 p.m. to 10:00 p.m.
 Theme: Venetian Carnival



St. Patrick's Bingo
Monday, March 9, 2015

1:00 p.m. to 2:00 p.m.
 \$.50 per card

Senior Center provides prizes and refreshments. Must be signed up by 1:00 p.m.



St. Patrick's Dinner
"Grant & Randay"
Friday, March 13, 2015

11:45 a.m. to 1:00 p.m.
 Suggested donation of \$3.00 for 60+
 \$6.00 fee for 59 & under

and
St. Patrick's Dance
 10:30 a.m. to 2:00 p.m.

