



APRIL 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Navajo Taco Spinach Green Salad Sugar Free Peach Cake	Chicken & Noodles Green Salad Wheat Roll Cantaloupe	Chicken Fajitas Pinto Beans Green Salad Tortilla Peaches	Spaghetti w/Meat Sauce Green Salad Garlic Roll Pears	CENTER CLOSED! GOOD FRIDAY HOLIDAY!
9	10	11	12	13
Hamburger On The Grill Lettuce, Tomato, Onion Dill Pickle, Baked Beans, Potato Salad Roll Melon	Chicken Stew Spinach Salad Biscuit Strawberries	Pork Roast Yams Green Beans Cabbage Roll Cantaloupe	Garlic Chicken Pizza Zucchini 3 Bean Salad Peaches	Chili Beans Squash Coleslaw Cornbread Grapes
16	17	18	19	20
Baked Pollock Parsley Potatoes Green Salad Bread Sugar Free Vanilla Pudding	Taco Salad Wheat Roll Melon	Roast Turkey Yams w/Gravy Asparagus Green Salad Sugar Free Jello w/ Mandarin Oranges	Creole Pork Chop Spanish Rice Green Salad Bread Grapes	Swiss Steak w/Gravy Tomatoes, Onions, Peppers Parsley Potatoes Roll Orange
23	24	25	26	27
Chicken Breast Parsley Potatoes Stewed Tomatoes Broccoli Bread Orange	Green Chili Pork Stew Green Salad Cornbread Apple	Pork Chop Rice Pilaf Green Salad Wheat Bread Sugar Free Chocolate Chip Cookie	Roast Beef Potato, Carrots Asparagus Green Salad Bread Orange	Chicken Ala King Brown Rice Carrots Green Salad Biscuit Apple
30	<p>Milk Served Daily</p>			
Ham Salad Sandwich Pasta Salad Green Salad Pineapple				

5 Myths about Exercise and Older Adults

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth 2: Elderly people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for the elderly. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Source: http://helpguide.org/life/senior_fitness_sports.htm