

# MARCH MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).  
The Suggested Contribution for participants age 60+ is \$3.50.  
Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

**2** Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.

## TUESDAY

**3** Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.

## WEDNESDAY

**4** Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.

## THURSDAY

**5** Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.

## FRIDAY

**6** Chicken salad with bacon\*\*, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.

**9** Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.

**10** Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.

**11** Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.

**12** Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.

**13** Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.

**16** Shrimp Scampi on whole wheat angel hair pasta with roasted Brussels sprouts, caprese salad, and mango chunks.

**17** Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.

**18** Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.

**19** Roast turkey and gravy with mashed potatoes, broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.

**20** Pork loin\*\* with potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.

**23** Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.

**24** Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.

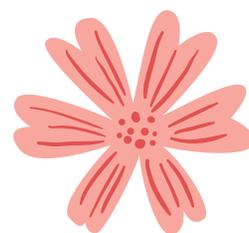
**25** Barbeque pork\*\* sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.

**26** Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.

**27** Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.

**30** Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.

**31** Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.



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As an older adult, engaging in regular physical activity is one of the single most important actions you can take to maintain and improve your overall health and well-being.

Consistent movement can help prevent or delay many of the chronic health problems and conditions that often accompany aging. Physical activity also supports stronger muscles and joints, allowing you to continue performing your everyday tasks independently and with confidence, rather than becoming reliant on the help of others.



It is important to remember that any physical activity is better than none at all. Even small amounts of movement can contribute to your health, and the benefits grow as you increase both the frequency and intensity of your activities over time.

For adults aged 65 and older, the recommended guidelines include the following:

- Engage in at least 150 minutes per week of moderate-intensity activities. This could be broken down into 30 minutes a day, five days a week, and examples include brisk walking, gentle cycling, or water aerobics. Alternatively, adults can aim for 75 minutes per week of vigorous-intensity activities, such as hiking on uneven terrain, jogging, or running.
- Participate in muscle-strengthening exercises at least two days per week. These activities help maintain muscle mass, support joint health, and improve your ability to carry out daily tasks safely.
- Include activities that improve balance, such as standing on one foot, practicing Tai Chi, or other exercises specifically designed to enhance stability, at least three days per week.

If chronic health conditions, physical limitations, or other medical concerns affect your abilities, do as much physical activity as your situation allows. Every movement counts, and it is better to do something than nothing at all.

Older adults are encouraged to move more frequently and reduce the amount of time spent sitting or remaining sedentary. Even brief bouts of movement, light activity, or standing throughout the day contribute to better overall health. Older adults who sit less and engage in any amount of moderate-to-vigorous intensity activity will experience tangible health benefits. The more you incorporate physical activity into your daily routine, the greater the benefits for your heart, muscles, balance, mental well-being, and overall independence.

## PAID ADVERTISEMENT

Treatment of hearing loss with hearing aids may delay cognitive decline.\*

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\*Source: Sarant et al. 2023 <https://healthsciences.unimelb.edu.au/research-groups/audiology-and-speech-pathology-research/hearing-and-cognition-research-program/research/remediation-hearing-aids> Lin, F., et al. (2023, July 17). Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHIEVE): a multicentre, randomised controlled trial. DOI: [https://doi.org/10.1016/S0140-6736\(23\)01406-X](https://doi.org/10.1016/S0140-6736(23)01406-X)