

# St. Charles COA

## May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>				
 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>		Beef Patty Baked Beans Lettuce   Tomato Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	Sliced Ham Oven Roasted Potatoes Cabbage Cornbread Chocolate Pudding Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Cinnamon Cake Milk Salad Dressing
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Smoked Sausage Red Kidney Beans Parslied Rice Spring Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine	Chicken Tenders Garlic Whipped Potatoes Peas and Carrots Wheat Bread Marble Cake Milk Margarine Ketchup	Bowtie Lasagna Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Pork Roast with Gravy Parslied Rice Turnip Greens 100% Fruit Juice Cornbread Fudge Creme Cookie Milk Margarine	<b>~Mother's Day Meal~</b> Baked Chicken Poultry Gravy Twice Whipped Potatoes Broccoli Florets Texas Bread Strawberry Cake Milk Margarine
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Salisbury Beef Brown Gravy Northern Beans Sliced Carrots Wheat Bread Seasonal Fruit Milk Margarine	Cheese Omelet Sausage Patty O'Brien Potatoes 100% Fruit Juice Biscuit Graham Crackers Milk Margarine	Meatballs w/Spaghetti Sauce Spaghetti Noodles Green Beans 100% Fruit Juice Wheat Bread Seasonal Fruit Milk Margarine	Chicken and Sausage Gumbo Steamed Rice Potato Salad 100% Fruit Juice Saltine Crackers Hot Cinnamon Applesauce Chocolate Milk	Glazed Ham Black-eyed Peas Cabbage Cornbread Chocolate Swirl Pudding Milk Margarine
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Smoked Sausage Red Kidney Beans Parslied Rice Broccoli Florets Wheat Bread Rice Krispie Treat Milk Margarine	Baked Meatballs Brown Gravy Delmonico Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Taco Meat Lettuce   Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Seasonal Fruit Milk Taco Sauce	Sliced Turkey Breast Poultry Gravy Ranch Potatoes Green Peas Dinner Roll Mississippi Mud Pudding Milk Margarine	<b>~Memorial Day~</b> Chili Dog Hashbrown Casserole Ranch Beans Hot Dog Bun Birthday Cake Milk Mustard
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Closed for Holiday</b>	Baked Chicken Poultry Gravy Whipped Potatoes Green Beans Wheat Bread Seasonal Fruit Milk Margarine	Beef Patty Baked Beans Lettuce   Tomato Hamburger Bun Hot Mixed Fruit Chocolate Milk Ketchup	Sliced Ham Oven Roasted Potatoes Cabbage Cornbread Chocolate Pudding Milk Margarine	Chicken Chef Salad Cucumber Tomato Salad Broccoli Raisin Salad Saltine Crackers Cinnamon Cake Milk Salad Dressing

*Kim Dommert RD, LD*

# MOVE MORE



## NATIONAL **PHYSICAL FITNESS & SPORTS NUTRITION** MONTH

Taking part in more movement every day can help you feel your best. Physical activity provides many mental and physical health benefits, such as improving your mood, helping you perform the activities of daily living, and preventing and managing health conditions and diseases. Stay motivated by finding pleasure in the activities you choose to do, by surrounding yourself with other active people, and by tracking your progress through technology like an app or a fitness watch or on a paper calendar.

### Physical Activity Guidelines for Adults 65+

- 150 minutes (about 2 and a half hours) or more a week for moderate-intensity activity or a minimum of 75 minutes or more a week of vigorous activity
- Include the following each week:
  - Muscle-strengthening physical activity at least two days per week involving all the major muscle groups
  - Multi-component activities that include more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Examples: dancing, yoga, tai chi, gardening, and sports
- If chronic conditions prevent reaching 150 minutes a week of moderate-intensity activity, be as active as your abilities and conditions allow

### **Moderate vs Vigorous**

Be sure to determine the level of effort you may need for a physical activity relative to your fitness level and understand how chronic conditions may affect your ability to do regular physical activity.

**Moderate-intensity Activity** – A rule of thumb is that you can talk but likely cannot sing. Activities may include walking 2.5 miles per hour or faster, swimming, hiking, kayaking, bicycling slower than 10 miles/hour, yard and home repair, active yoga (Vinyasa or power yoga), tennis (doubles), ballroom or line dancing, and exercise classes like water aerobics.

**Vigorous-intensity Activity** – It should be difficult to say more than a few words. Activities may include sports, jogging or running, cross-country skiing, swimming, tennis (singles), bicycling faster than 10 miles/hour, heavy yard work (digging or shoveling), hiking uphill, high-intensity interval training (HITT), and some exercise classes (vigorous aerobics or kickboxing).

