

Sedona Community Center  
2615 Melody Lane  
West Sedona  
[www.sccsedona.org](http://www.sccsedona.org)  
928-282-2834



# FEBRUARY 2026



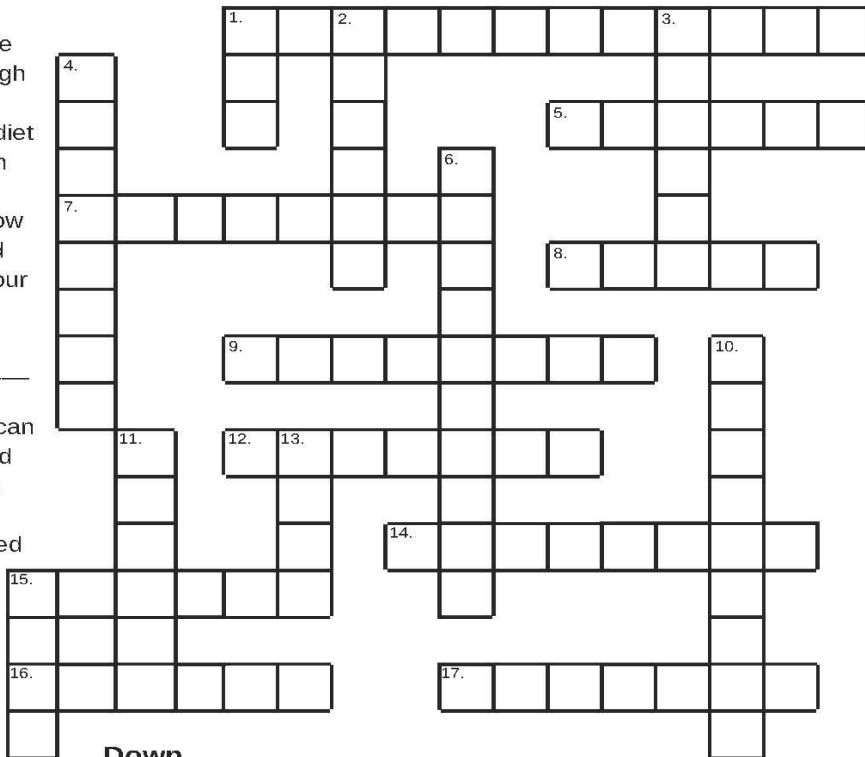
Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834 the day prior. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES. DAAS to NACOG Aaind. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) <b>Groundhog Day</b> Swedish Meatballs w/ Noodles Green Peas House Salad Fruit	3) Fish & Chips Veggies Coleslaw Cookies	4) Pork Roast w/Gravy Roasted Potatoes Carrots House Salad Fruit	5) Taco Soup Tortilla Chips House Salad Fruit	6) Chicken & Dumplings Broccoli Sweet Potatoes House Salad Fruit
9) Beef Stew w/Potatoes & Carrots WW Roll House Salad Fruit	10) Spinach & Tomato Quiche Hash Browns Peppers & Onions Cottage Cheese Banana	11) Baked Ham Scalloped Potatoes Roasted Carrots House Salad Melon Medley	12) Chicken Pot Pie Roasted Broccoli House Salad Fruit Cocktail	13) <b>Valentine's Day Celebration</b> Baked Salmon Risotto Asparagus House Salad Strawberry Cheesecake
16) <b>CLOSED</b> 	17) <b>Chinese New Year</b> Orange Chicken Fried Rice Stir-Fry Veggies House Salad Birthday Cake	18) <b>Ash Wednesday</b> Tuna Casserole Sweet Potatoes WG Dinner Roll House Salad Fruit	19) Potato Bacon Soup Cheddar Biscuit House Salad Pineapple Upside Down Cake	20) Fettuccine Alfredo Veggie Blend Garlic Bread House Salad Fruit
23) Clam Chowder Oyster Crackers House Salad Lemon Cake	24) Shepherd's Pie Broccoli WG Biscuit House Salad Citrus Medley	25) Oven Fried Chicken Oven Fries Mixed Veggies Pasta Salad Fruit	26) Baked Ziti Squash Medley Garlic Bread House Salad Brownies	27) Tomato Bisque ½ Grilled Cheese House Salad Fruit
			<b>February is</b> <i>National Hot Breakfast</i> <b>AND</b> <i>Return your Shopping Cart</i> <b>Month</b>	

# HEART HEALTH CROSSWORD PUZZLE

## Across

1. High blood pressure
5. Can contribute to high blood pressure risk factors such as poor diet and drinking too much alcohol
7. The best way to know if you have high blood pressure is to have your blood \_\_\_\_\_ checked
8. Getting enough \_\_\_\_\_ can help fight stress
9. Regular \_\_\_\_\_ can help control high blood pressure, weight, and stress
12. If you are diagnosed with high blood pressure, you should \_\_\_\_\_ your blood pressure regularly
14. Aim for 150 minutes of \_\_\_\_\_ -intensity aerobic activity each week
15. Eat a variety of \_\_\_\_\_ and veggies
16. Eating less \_\_\_\_\_ can help lower blood pressure
17. A risk factor for high blood pressure



## Down

1. "Good" cholesterol that may help protect against heart attack and stroke
2. As \_\_\_\_\_ builds, it makes the inside of arteries narrower
3. A health threat from high blood pressure
4. High blood pressure usually has no \_\_\_\_\_
6. \_\_\_\_\_ as prescribed and lifestyle changes improve quality of life and control of blood pressure
10. It's important to communicate well with your health care team, including asking \_\_\_\_\_
11. Heart healthy fats are \_\_\_\_\_ at room temperature, such as canola, olive, and soybean oils
13. A whole grain
15. A heart-healthy source of protein

**CARDIOVASCULAR**  
HEALTH PROGRAM  
Alabama Department of Public Health

ALABAMA  
PUBLIC  
HEALTH

**Meals on Wheels Clients** ~ Please call us at **928-282-2834** if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

## Florentine Spinach Dip

**Great for Superbowl Sunday February 8, 2026**

### Ingredients:

- 16 oz (2 packages) cream cheese softened
- 1 cup Alfredo sauce
- 10 oz (1 box) frozen spinach, thawed & squeezed dry
- ½ cup chopped artichoke hearts
- ¼ cup diced sun-dried tomatoes
- 2 cups shredded Italian-blend cheese
- ½ cup grated Parmesan cheese
- ¼ tsp Italian seasoning
- 1 dash hot sauce (optional)

### Instructions:

1. Preheat oven to 350 degrees
2. In a bowl, stir together all ingredients until combined
3. Spoon into a lightly greased 2-quart casserole dish
4. Bake for 25 to 30 minutes, or until golden brown