

Sedona Community Center
2615 Melody Lane
West Sedona
www.sccsedona.org
928-282-2834



January 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 Aaina. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wishing you all a VERY Happy & Healthy New Year!		National Hot Tea Month <i>National Hobby Month</i> National Mentoring Month <i>National Soup Month</i>	1)  CLOSED	2) Meatloaf Potatoes Butternut Squash House Salad Fruit
5) Orange Chicken Brown Rice Stir Fry Veggies Cabbage Salad Fortune Cookies	6) Baked Potato Chili Beans & Cheese Veggie House Salad Applesauce	7) Stuffed Peppers Veggie Mix House Salad Spice Cake	8) Herb Crusted Fish Brown Rice Sweet Potato House Salad Fruit	9) Roast Beef w/ Gravy Roasted Potatoes Carrots House Salad Strawberries
12) Cheeseburger on WG Bun Oven Fries Veggies Coleslaw Tropical Fruit	13) Herb Chicken Rice Pilaf Green Beans House Salad Citrus Salad	14) Chicken Alfredo Cali Veggie Blend Garlic Bread House Salad Lemon Bars	15) Lasagna Zucchini Garlic Bread Caesar Salad Jell-O	16) Meatball Sub Tator Tots House Salad Brownies
19)	20) Chicken Parmesan Squash Medley Garlic Bread House Salad Birthday Cake	21) Cheesesteak w/Peppers & Onions Sweet Potato Fries House Salad Fruit	22) Chicken Teriyaki Brown Fried Rice Stir Fry Veggies House Salad Fruit	23) <i>Restaurant Partner</i> <i>El Rincon</i>
26) BBQ Chicken Oven Fries Cornbread Potato Salad Cookies	27) Spaghetti & Meatballs Veggie Mix Garlic Bread Caesar Salad Fruit	28) Tamale Pie Black Beans & Corn Tortilla Chips House Salad Fruit	29) Turkey Pot Pie W/Mixed Veggies House Salad Fruit Cobbler	30) Bratwurst on WW Roll Oven Fries Sauerkraut Coleslaw Fruit



5 Simple Healthy Resolutions



New Year's resolutions—they're easy to make but easier to break. Why is it so hard to make the healthy changes that we know can help us feel better and live longer? And why is it so hard to make them last? Change is always possible, you're never too out-of-shape, too overweight or too old to make healthy changes.

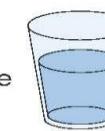
1

- Add in 1 extra vegetable serving everyday.
 - Snack on vegetables and dip/hummus
 - Keep cut up raw vegetables in you fridge for easy retrieval
 - Keep bags of frozen vegetables to heat up a serving in the microwave for dinner



2

- Add in 1 more cup of water each day (if you aren't getting the daily recommendation)
 - Keep a water bottle full so you can track how much you have drank
 - add a little flavor by adding fruit



3

- Add in 30 minutes of exercise throughout the week (10 minutes 3 times a week).
 - Take a 10 minute walk 3 times a week
 - Find a 10-30 minute exercise video online or at your library like yoga or tai chi



4

- Give your brain a workout
 - Reading
 - Socializing
 - Daily activities like puzzles, trivia games, crosswords



5

- Embrace a new skill or hobby
 - Dedicate a certain amount of time per day/week to learn something you have wanted to
 - Find a community or online class to join or find a book
 - Learn with a friend



Of course, you don't need a new year to make healthy changes; you can make them any time of the year. But New Year's is an opportunity to think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion. Make your new year a healthy one!

<https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>
<https://www.homeinstead.com/care-resources/caregiver-support/healthy-aging-resolutions/>
www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20NYEFeb20_0.pdf

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.

Beef Noodle Soup

YIELD: 8 SERVINGS (2 QUARTS)

PREP: 15 MIN

COOK: 10 MIN

Ingredients:

- 1 pound ground beef
- 1/2 cup chopped onion
- 2 cans (14-1/2 ounces each) Italian stewed tomatoes
- 2 cans (10-1/2 ounces each) beef broth
- 2 cups frozen mixed vegetables or 1 can (15 ounces) mixed vegetables
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup uncooked medium egg noodles

Directions:

In a Dutch oven, cook beef and onion over medium heat until meat is no longer pink, 5-7 minutes, crumbling beef; drain. Add the tomatoes, broth, vegetables and seasonings. Bring to a boil; add noodles. Reduce heat to medium-low; cover and cook until noodles are tender, 10-15 minutes.