

ADRC

Connection

February

- 1st National Freedom Day
- 1st Chinese New Year
- 4th Thank a Mailman
- 4th Rosa Parks Day
- 12th Abraham Lincoln's Birthday
- 14th Valentine's Day
- 15th Susan B. Anthony's Birthday
- 17th Random Act of Kindness Day
- 20th Cherry Pie Day
- 22nd George Washington's Birthday
- 26th Tell a Fairy Tale
- 28th Linus Pauling Day

It's official! The Sheboygan County Senior Nutrition Program is pleased to offer our first lunch service based on a restaurant model. The restaurant model provides a way to increase meal choices, improve quality, and provide more flexibility in dining times.

According to Linda Spitzer, Elder Services Supervisor at the ADRC, "partnering with Pic-a-Deli is a great way to bring affordable, nutritious food options to area seniors." Ms. Spitzer also pointed out that the Nutrition Program will provide the staff and volunteers to make this a welcoming new option.

Effective Monday, February 14th the Pic-a-Deli restaurant in the Plymouth Generations facility will offer up a wide selection of delicious homemade sandwiches, wraps, soups, sides, and deserts in addition to their daily special: a take on the regular Senior Dining menu featured on the back cover.

No matter which you choose, for anyone eligible for our program, your lunch is still available for a suggested donation of just \$5! And because it is donation based, you pay only what you can afford.

Our guests are invited to dine-in during our lunch service every Monday, Wednesday, and Friday from 11-1pm. Reservations are encouraged while we get used to a drop in model.

Please contact Susie Wenzel at 920-892-4821 or 920-994-9934 with any questions.



Know Us Before You Need Us

Senior Dining



Fellowship, Food & Fun

Open for curbside
pick up
11:30—Noon
Call by 10 a.m
the day
prior to reserve.

Adell Senior Center

510 Siefert, Adell WI 53001

Phone: 920-994-9934

Open: Tuesdays & Thursdays

Manager: Susan Wenzel

Sheboygan—Bethany Church

1315 Washington Avenue

Sheboygan, WI 53081

Phone: 920-207-2522

Open: Monday thru Friday

Manager: Darcy Vollrath

Howards Grove-Village Hall

Howards Grove, WI

Phone: 920-467-9042

Open: Tuesdays and Thursdays

Manager: Allison Brunette

Open for Restaurant Model 2/14

Pic-a-Deli in Plymouth Generations

1500 Douglas Drive

920-892-4821 or 920-994-9934

Open Mondays, Wednesdays, and
Fridays

Manager: Susie Wenzel



She's back!
Mary Kempf, your
Elder Benefit Spe-
cialist from the
Aging Disability
Resource Center,
is returning to Ad-
ell in her new role
at the Adell Area
Community Cen-

ter. Mary will be holding office hours every first and
third Wednesday of the month from 10:00 am to 2:00 pm

As an Elder Benefit specialist, Mary is trained to help
those 60+ figure out what benefits they are entitled to
and what they must do to receive them. She also provides
accurate and current information on your benefits and
can advocate on your behalf with other parties.

Give her a call if you have questions regarding:

- Health Insurance and Access
- Income Support
- Community Based Services
- Housing or Utilities
- Debt Collection
- Benefit Checkup

All at no cost to you.

This month, Mary will be available at the Adell Area
Community Center on February 2nd and February 16th.
Please give her a call at 920-467-4076 to schedule an ap-
pointment.

Contact Us At:



Sheboygan County Aging and Disability Resource Center

650 Forest Avenue
Sheboygan Falls, WI 53085

Phone: 920-467-4100

Email: adrc@sheboygancounty.com

www.sheboygancounty.com/departments/departments-f-q/health-and-human-services/aging-and-disability-resource-center/aging-programs



Sometimes life is unexpected...

There may be a point in time when a crisis stops you from being able to care for your loved one.

If you are their main caregiver, others may not have all the information they need to provide good care. An emergency plan can help put both you and your loved one at ease. You might also call it a backup plan or a contingency plan.

CAREGIVER EMERGENCY PLANNING WORKBOOK

Available online at: www.trualta.com

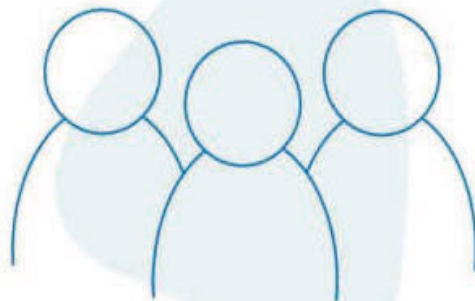
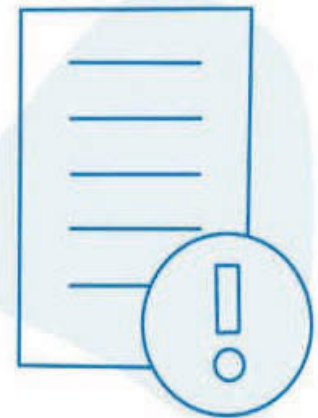
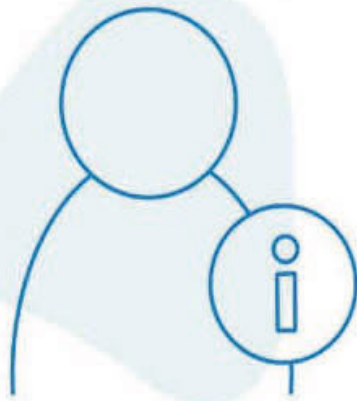
(Create your own login & password)

OR

Contact:

Lisa Hurley, Caregiver Coordinator, ADRC of Sheboygan County

(920) 467-4079 / Lisa.Hurley@SheboyganCounty.com



Caregiver Friends Support Group

A general support group for family caregivers

Aging & Disability Resource Center (ADRC) of Sheboygan County

ONLINE / CALL-IN (register to receive link / number)
In-Person (possible – call first: 920-467-4079)

Co-Sponsors

Aging & Disability Resource Center of Sheboygan County
UW-Madison Extension Sheboygan County / Human Development and Relationships

If you are a family caregiver, please join us!

- learn about resources and events for caregivers
- share strategies and coping skills to deal with day to day challenges
- build new friendship connections and reduce stress and a sense of isolation

2022 Schedule

1:30-3:00 p.m. on the 2nd Tuesday Monthly

Tuesday, January 11	Tuesday, July 12
Tuesday, February 8	Tuesday, August 9
Tuesday, March 8	Tuesday, September 13
Tuesday, April 12	Tuesday, October 11
Tuesday, May 10	Tuesday, November 8
Tuesday, June 14	December-No Meeting

Support groups provide a valuable resource to renew hope and turn problems into solutions!

Call the Aging & Disability Resource Center (ADRC) of Sheboygan County

(920) 467-4079 to REGISTER



Your county
extension office



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 www.reeapartments.com

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- Rent based on income. USDA RA (Rent Assistance) available.
- Affiliated with Zion Church (920) 994-4510.

ExcaliburHousing@charter.net
 Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.



For those of us unlikely to receive cards this Valentine's Day, here are a few ghosts of Valentine's past that may suggest we are better off!

145 million cards are typically sold each year for the holiday, compared to 1.6 billion cards for Christmas. Considering the US population is about 345 million and children's school exchanges garner them an average of 22 Valentine's each, that presents math that does not add up at all. But it goes a long way in

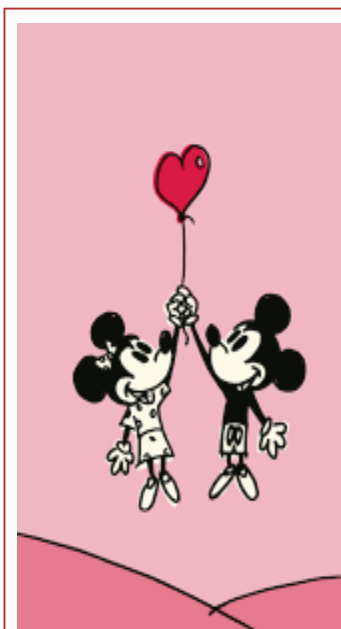
comforting me to know I am among the majority of adults who don't receive a paper card.



Laugh



- ♥ What did one watermelon say to the other?" "You're one in a melon!"
- ♥ "What do you call a very small Valentine?" "A valen-tiny."
- ♥ "What did the ghost say to his valentine?" "You look so BOOtiful."
- ♥ "If he doesn't appreciate your fruit jokes, you need to let that mango."
- ♥ "What do farmers give for Valentine's Day?" "Lots of hogs and kisses."
- ♥ "What do you call a Valentine's Day gift that didn't arrive time?" "Choco-late."
- ♥ "What did one bee say to the other?" "I love bee-ing with you, honey!"
- ♥ "What did one volcano say to the other?" "I lava you."
- ♥ "What did one blueberry say to the other on Valentine's Day?" "I love you berry much."
- ♥ What did the cucumber say to the pickle?" "You mean a great dill to me"



When the moon hits your eye like a big pizza pie That's amore.

When an eel bites your hand and that's not what you planned That's a moray.

When Othello's poor wife, she gets stabbed with a knife That's a Moor, eh?

When a Japanese knight used a sword in a fight That's Sa...mur...ai.



Extension

UNIVERSITY OF WISCONSIN-MADISON

IN THIS ISSUE

NUTRITION:

SOUP SEASON

FOOD BUDGETING:

MAKING 'SMART'ER

NEW YEAR'S

RESOLUTIONS

FOOD SAFETY:

FOOD WASTE IN THE

U.S.

RECIPE:

ZESTY TOMATO SOUP



JANUARY 2022

STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

MAKING 'SMART'ER NEW YEAR'S RESOLUTIONS

The start of a new year is a reminder of priorities, whether it be relationships, finances or health. And, it's an opportunity to do things differently. However, one study found that only 1/2 of new year's resolutions are successful. Instead of making new year's resolutions that you will not follow through with, set yourself up for success. First, determine what is important to you for your broader happiness and quality of life. Once you have your priorities figured out, work SMARTer, not harder, in achieving those goals.

SOUP SEASON

Most soups are packed with proteins, vegetables, and grains, making them a very nutritious food to warm you up during the winter days. To help make soups even healthier, follow these tips:

- Choose reduced-sodium or salt-free broth or stocks.
- Add even more vegetables and/or whole-grains. The nice thing about soup recipes is that you can easily adapt the recipe.
- Use evaporated milk instead of heavy cream. Broth-based soups tend to be high in sodium. But, creamy soups tend to be high in fat. With less water, evaporated milk provides a familiar flavor and thickness to soups, but with much less fat.

A S.M.A.R.T. goal is **specific, measurable, achievable, relevant, and time-based.**

- **Specific:** instead of a general goal of "become healthier", create a specific goal of "drink more water."
- **Measurable:** to be measurable, a goal should include a number or baseline to grow from. If you currently drink 1 glass of water a day, a measurable goal would be to "drink 5 glasses of water per day."
- **Achievable:** being achievable means that you have the tools, resources, and information to meet the goal. A gym membership may be unachievable, if you do not have the extra income to pay for it. But, there may be other ways to set fitness goals that do not include a gym membership.
- **Realistic:** being realistic means creating goals that make sense for you. Aim for something challenging, but not impossible. If you hate to run, that may not be the best place to start with a goal.
- **Time-based:** instead of "I will exercise more this summer", create a specific goal that keeps you accountable. For example, "I will walk once a day starting in May."

To help goals be more successful, there are a few tried and true tips to follow:

Continued on Next Page >

1. Focus on one small change at a time: do not try too many things at once, as that can be overwhelming. If you want to cut back on soda, try cutting one soda out a week first. If you want to walk more, try 10 minute walks during lunch breaks.
2. Keep yourself accountable: Ask someone to check in on your progress. Those with an active partner tend to be more successful at achieving their goals together. Pay attention to how many distractions or excuses you have, without being too hard on yourself.
3. Find what works for you: don't set goals that are based on others' expectations of you. And, don't feel that you need to work on your goals the same way that others do. What works for some, may not work for others.
4. Be patient and practice self-kindness: no one is perfect! Focus on doing the best you can at the time.

FOOD WASTE IN THE U.S.

It is estimated that 30-40% of the U.S. food supply is wasted. If 31% of food loss occurred, that would result in approximately 133 billion pounds and \$161 billion worth of food (based on 2010 food costs.)

Food waste or food loss can occur at any stage of a product's life, from the beginning of manufacturing/growing, to retail, to the consumer/household. There are many reasons for food waste, including: problems during

drying, milling, transporting, or processing that expose food to damage by insects, rodents, birds, molds, and bacteria. At the retail level, equipment malfunction (refrigeration storage, for example), over-ordering, and culling of blemished produce. At the consumer level, poor meal planning, a misunderstanding of product dates improper food storage, and over-purchasing and over-cooking can result in food thrown away.

Consumers can make a difference with food waste by:

- Learning the differences and meanings of product dates;
- Creating weekly meal plans;
- Learning the ways that different food items prefer to be stored;
- Learning about composting and recycling food and packaging;
- Starting to grow food;
- Being more realistic about amounts of food cooked.

ZESTY TOMATO SOUP

<https://extension.illinois.edu/blogs/know-how-know-more/2017-12-31-recipe-rehab-healthier-soups>



Sources: Don't Make New Year's Resolutions, Make S.M.A.R.T. Goals, Illinois Extension, January 2020; 5 Tips for a More Successful New Year's Resolution, University of New Hampshire Extension, January 2019; United States Department of Agriculture, Food Waste FAQs, unknown; Recipe Rehab: Healthier Soups, Illinois Extension, December 2017.

Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.

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An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP.

Make Heart Health Part of Your Self-Care Routine



Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable. Heart disease is a leading cause of death in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute. People with poor cardiovascular health are also at increased risk of severe illness from COVID.

It may be easier than you think to “put your heart” into your daily routine:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself. Look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

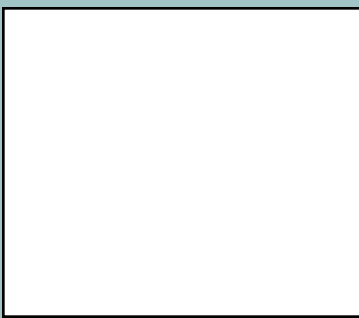
Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.



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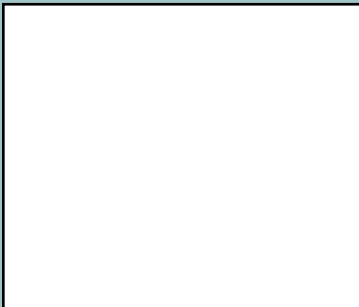
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Ph: 920.459.3466 Fax 920.459.4097 Web: www.sheboyganha.com



My Choice Wisconsin
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**Visit us today:
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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

Stress—Less Saturday

Whether it's from everyday deadlines, financial struggles, or the COVID-19 pandemic, stress shows up often in life. And your body reacts to it: your heart rate increases, your blood vessels narrow—and over time, these little blows can add up and do damage to your health, particularly your heart. With chronic stress, you're more likely to have high blood pressure, heart disease, diabetes, obesity, and poor sleep. Even other parts of your body – from your lungs to your gut – can take a hit.

But while you can't always limit the amount of stress in your life, you can work on changing how you respond to it. Just like the automatic “fight or flight” response that kicks in when you're scared – your muscles tense, heart rate increases, and brain becomes more alert – your body also has a built-in, healthy relaxation response. When that's triggered, the opposite happens: your breathing and heart rate slow down, and your blood pressure decreases.

Luckily, with practice, you can learn to trigger that response. Try these techniques on your own or find a teacher or class to help you get started. Don't get discouraged if you don't get the hang of it quickly. And if one approach doesn't work for you, try something new. You can learn to de-stress in lots of other ways.

Meditation. One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. And let distractions, including thoughts, come and go without judgment.

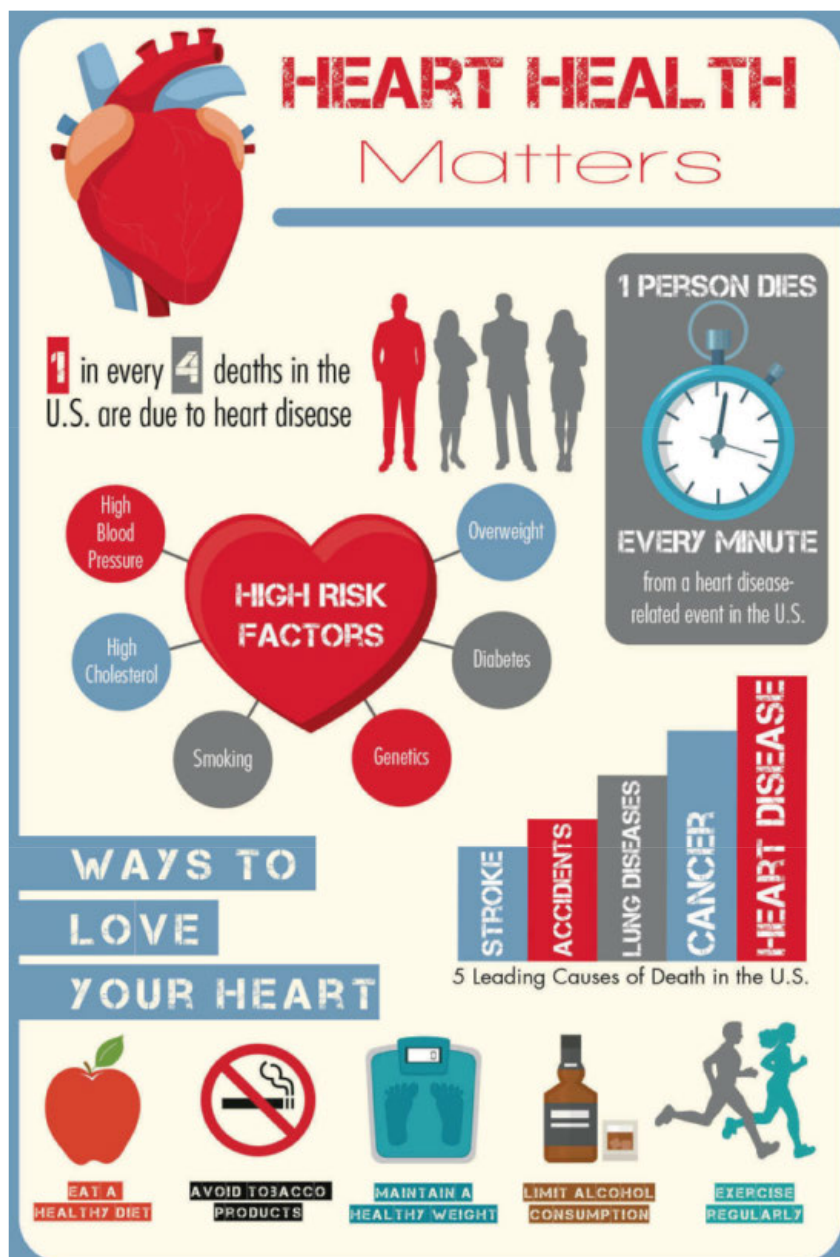
Progressive muscle relaxation. To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Deep breathing. Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

Guided imagery. This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden.

Getting your mind and body to a place of calm doesn't always mean being still, however. Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or an art class, or meeting up with friends for a brisk walk. Being in nature can be very soothing for some people.

Taking care of your heart health is a lifelong journey, but at a time when the risk of severe illness from COVID-19 remains higher in people with poor cardiovascular health, learning new ways to make your heart strong has become even more important.



Are you Ready to Retire?
Join your local benefit specialist, Mary Kempf,
for one of the following
Free & Unbiased Medicare 101 Classes



Wednesday, February 2, 2022 Mead Public Library
Wednesday, March 2, 2022 Adell Area Community Center
Wednesday April 6, 2022 Plymouth Generations
All Sessions run from 3 to 5 pm

Limited space available. Reservation required. Masks are encouraged.
Call 920-467-4076 to register

Learn about resources available to Sheboygan County residents age 60+.

- ✓ Social Security Retirement Benefits
- ✓ Enrollment in Medicare
- ✓ Medicare Basics
- ✓ Your Coverage Choices
- ✓ SeniorCare
- ✓ Help for People with Limited Income
- ✓ Words of Caution

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Q: I have such difficulty using my phone because my hearing is poor. I have heard there are special phones that work better with folks who are hard of hearing. Are there options?

A: Being able to connect with caregivers and loved ones is so important, and even more so now due to COVID 19 restrictions. The Telecommunications Equipment Purchase Program (TEPP) is a Wisconsin State-wide program that helps people with disabilities buy adaptive telephone equipment that they need to live independently. TEPP is paid for by the Universal Service Fund (USF) established by the Public Service Commission.

- Do you want a large print or talking caller-id?
- Do you want your lights to flash when the phone rings?
- Do you want your phone to ring more than 4 times?
- Do you need memory buttons to assist with dialing?
- Do you need a louder amplified answering machine?
- Are you tired of asking people to repeat themselves?

There is NO catch! All you have to do is fill out an application and meet these three requirements:

- Be a Wisconsin Resident
- Be a person who is deaf, hard of hearing, or have speech, mobility or motion limitations
- Have a need for adaptive equipment in the home

There is no age or income limit, but an applicant can only apply every three years. Some of the higher voucher categories will require a recent certificate of hearing loss OR physician/audiologist signature.

If you have any questions or need more information on TEPP, call or write to:
Public Service Commission
P.O. Box 7854
Madison, WI 53707-7854
(608)231-3305 Voice / (608)266-3957 Fax
E-mail: pscrecordsmail@wisconsin.gov

If you need help with the application or have more questions, contact the Aging and Disability Resource Center of Sheboygan County: 920 467-4100

Walk With Ease?

You can do it — we can help.

Why Walk With Ease?

Looking for relief from arthritis pain? Want to be more active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Space is limited. Sign up today!

Mondays & Wednesdays 9-10am.

2/7-3/16

St. Paul Lutheran Church

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Free with option to purchase \$5 book

Attendees will receive a free fitness tracker!

Arthritis Foundation **Certified.**
Doctor **Recommended.**



Curbside Dining

Adell 994-9934, Sheboygan 207-2522, Howards Grove 467-9042

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<p>1 Pork Roast Mashed Potatoes California Blend Vegetables Fruit Cocktail Pudding Wheat Bread</p>	<p>2 BBQ Meatballs Cheesy Potatoes Peas and Carrots Apple Jello with Fruit</p>	<p>3 Chicken Breast Wild Rice Summer Blend Veggies Pickled Beets Apricots Confetti Cake</p>	<p>4 Chili Macaroni (kidney beans) Green Beans Peaches Cookie</p>
	<p>7 Chicken Pot Pie (northern beans) Pickled Beets Orange Bread Cookie</p>	<p>8 Spaghetti with Meatballs Buttered Corn Garden Salad with Romaine & Broc- coli Pears Garlic Bread</p>	<p>9 Shredded Pork on a Bun Baby Red Potatoes Red Cabbage Spiced Apple Rings Pudding</p>	<p>10 Turkey Breast Sweet Potatoes Green Beans Cranberry Sauce Raisin Bread Pud- ding</p>
<p>14 Lasagna Roll Up with Marinara Sauce Cauliflower Fruit Cocktail Cookie</p>	<p>15 BBQ Chicken 2 pc. Cheesy Potatoes Country Blend Veggies Peaches Wheat Bread Jello Poke Cake</p>	<p>16 Chicken Stir Fry (broccoli) Over a Bed of Rice Egg Roll Pistachio Fruit Sal- ad</p>	<p>17 Baked Fish Potato Wedges Baked Beans Coleslaw Applesauce Rye Bread/Lemon Bar</p>	<p>18 Egg Salad/Croissant Tossed Salad with Romaine, Tomatoes and Dressing Apricots Apple Waldorf Sal- ad</p>
<p>21 Monterey Chicken Mashed Potatoes California Blend Vegetables Three Bean Salad Bread /cookie</p>	<p>22 Homemade Meat- loaf/Gravy Mashed Potatoes Capri Blend Vege- tables Banana/Wheat Bread Blueberry Oatmeal Crisp</p>	<p>23 Beef Stew (beef, potatoes, carrots, green beans, peas) Stewed Tomatoes Corn Bread Cookie</p>	<p>24 Baked Potato Sour Cream Sliced Ham Broccoli with Cheese Applesauce Bread/Cookie</p>	<p>25 Tuna Casserole Buttered Corn Tropical Fruit Salad Mandarin Orange Salad</p>
<p>28 Meatball Sub with Cheese and Marinara Sauce Broccoli Pasta Salad Fruit Cocktail Apple Crisp</p>	<p>February</p> 			