

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN
9229 W. LOOMIS ROAD

(414)427-7696

11:00 FOR IN-PERSON DINING

JANUARY



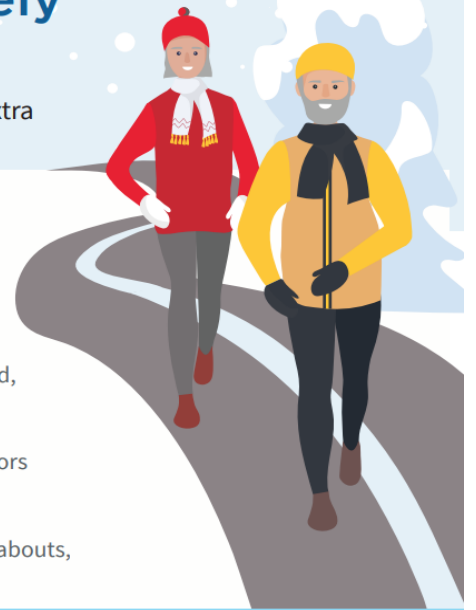
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED		CLOSED		
PLEASE CALL				
<p>24-Hours Prior PLAN AHEAD 414-427-7696</p>		<p>= HEALTHIER DESSERT Suggested Contribution \$3.00 60+</p>		
Fresh Polish Sausage 6 German Potato Salad Calico Beans Multi-Grain Bread Snickerdoodle Cookie ♥Fruit	Sliced Turkey 7 Gravy Mashed Potatoes Normandy Vegetables Dinner Roll Fruit Cocktail	Hot Sliced Ham 8 on Kaiser Roll Scalloped Potatoes California Vegetables Spinach Salad Granola Bar	Stuffed Green Pepper 2 Tomato Sauce Mashed Potatoes Chef's Vegetables Baking Powder Biscuit Nutri-Grain Bar	Boneless Pork Loin 3 Gravy Baby Baker Potatoes Peas Rye Dinner Roll Carrot Cake ♥Fresh Fruit
Beef Stew 13 Baked Potato Winter Squash Dinner Roll Bartlett Pear	Stuffed Cabbage Roll 14 Mashed Potatoes Crinkle Carrots Poppy Seed Dinner Roll Brownie ♥Fruit	Seafood Salad 15 on Lettuce Leaf Tri-Colored Pasta Salad Carrot Sticks Split-Top Dinner Roll Pineapple	BBQ Pork Riblet 16 Hoagie Bun Mac & Cheese Brussels Sprouts Red Cabbage Slaw Lorna Doone Cookies	Denver Omelet 17 w/Cheese Sauce Sausage Links Hashbrowns Fresh Orange Coffee Cake
CLOSED 20	Shredded Turkey 21 Sesame Bun Au Gratin Potatoes Vegetables Du Jour 🍊Orange Juice Applesauce	Salisbury Steak 22 Gravy Mashed Potatoes Roasted Cauliflower Whole Grain Bread Banana Cream Pie ♥Fruit	Lemon Garlic 23 Chicken Breast Buttered Noodles Whole Kernel Corn 7-Grain Bread Clementine	Tuna Casserole 24 Sautéed Spinach Cinnamon Apples Sourdough Bread Fruited Jello
Chicken Parmesan 27 Penne Pasta Marinara Sauce Italian Green Beans Italian Bread Tropical Fruit Cocktail	Cranberry Meatballs 28 Smashed Red Potatoes Country Vegetables Vienna Dinner Roll Cereal Bar	Chef's Salad 29 <i>Ham, Turkey, Cheese</i> <i>Hard Boiled Egg, Dressing</i> Blueberry Muffin Fruited Yogurt Melon	Cheeseburger 30 Multigrain Bun Oven Potatoes Diced Carrots & Peas Dill Pickle Spear Fresh Apple	Oven-Fried Chicken 31 Wisconsin Vegetables Rice Pilaf Hawaiian Dinner Roll Angel Food Cake w/Berries

MILWAUKEE COUNTY SENIOR DINING

5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit www.nia.nih.gov/health/exercising-outdoors.



3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:
www.nia.nih.gov/health/older-drivers.

