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	= Healthier Dessert Menu subject to change without notice	Contribute Now	Suggested Contribution 60+ $3.00	CLOSED 1
4 Hungarian Goulash Egg Noodles Carrot Coins Apple Juice Fruit Cocktail	5 Stuffed Cabbage Roll Tomato Sauce Garlic Mashed Potatoes 7-Grain Bread Chilled Pears	6 Filet of Fish on Bun Au Gratin Potatoes Peas & Pearl Onions Jello Banana	7 Chicken & Broccoli Veggie Fried Rice Egg Roll Mandarin Oranges Fortune Cookie	8 Sloppy Joe on Bun Potato Salad Coleslaw Yellow Apple Lorna Doone Cookies
11 Turkey Pot Pie over Biscuit Mashed Potatoes Brussels Sprouts Chilled Peaches	12 Sweet & Sour Pork Seasoned Brown Rice Maui Vegetables Grape Juice Pineapple	13 Chicken Gyro Salad *Chicken, Onion, Tomato Cucumber, Lettuce, Tzatziki* French Bread Strawberry Applesauce Nutri-Grain Bar	14 Hot Dog Bun Potato Wedges Baked Beans Ambrosia	15 Chili Baked Potato Southwest Vegetables Cornbread Muffin Fruit Medley
CLOSED 18	19 Tuna Mac & Cheese Roasted Cauliflower Diced Beets Hawaiian Dinner Roll Tropical Fruit Mix	20 *Build-Your-Own* BLT Sandwich Dilly Potato Salad Bean Salad Fruited Yogurt	21 Scrambled Eggs Breakfast Potatoes Sausage Orange Juice Seasonal Fruit Cup	22 Teriyaki Chicken Rice Stir-Fry Vegetables Carrot Raisin Salad Fresh Apple
25 BBQ Chicken Rice Pilaf Steamed Vegetables Fruited Muffin Clementine	26 Meatball Sub Marinara Sauce Tater Tots Green Beans Peaches	27 Chicken Cordon Bleu Roasted Potatoes Sautéed Spinach Cran-Apple Juice Fresh Pear	28 Beef Tips & Gravy Buttered Noodles Chef's Vegetables Marinated Carrot Salad Fresh Fruit	29 Smothered Pork Baby Red Potatoes Braised Cabbage Applesauce Dessert Bar Fruit

county.milwaukee.gov/aging/diningmenus seniordining@milwaukeecountywi.gov Senior Dining Office: 414-289-6995

American Heart Association.
Healthy for Good™

MAKE MOVEMENT A HABIT.

Tips to get active – and stay active.



Choose the right kind of movement.

Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!

Start small: Stepping stones, not boulders.

Don't set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.



Choose a cue. We all need a reminder.

A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that's a cue.



Reinforce the habit. Make it rewarding.

Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!





Get tips from your very own "Habit Coach."

Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!

heart.org/HealthyForGood

EAT SMART **MOVE MORE** BE WELL

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. 2/24. WF_440607

American Heart Association.
Healthy for Good™

CREATE HABITS THAT STICK.

It's as easy as 1-2-3.

The science is in: Your brain can be trained to build habits. **Just include these three steps to create habits that stick:**

CUE

A cue is a reminder to act on your habit. It jogs your memory.

Example: *If you hope to make a habit of maintaining muscle tone in your arms, leave hand weights on your sofa where you'll see them.*



ROUTINE

Choose a small, achievable version of your habit to start with. Make sure that it's something you like, so that it's easily repeatable.

Example: *To build a walking habit, start with a short 15-minute route instead of an ambitious hour-long hike. Invite a friend to join you!*



REWARD

This third step is crucial. Positive emotions make habits stick. So have fun while you do your new activity, or associate it with a reward.

Example: *If your new habit is core strengthening, try "temptation bundling." Reserve watching your favorite TV show for when you exercise.*



Build a "habit loop."

Repeating these three steps – **cue, routine and reward** – will help you maintain your habit.



Missed a day? It's an opportunity!

Give yourself another chance.Change your cue, routine or reward until your habit sticks.





Get tips from your very own "Habit Coach."

Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!

heart.org/habits

EAT SMART **MOVE MORE** BE WELL

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. 2/24. WF_440738